

# • ACTIVITY • GUIDE

WINTER & SPRING • 2015



Phone: (510) 747-PLAY • Registration: [www.arpdeploy.com](http://www.arpdeploy.com) • Website: [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)



# CONTENTS

## COMMUNITY

Staff and Commissions	3
City and Community Directory	4
Community Events	5
Police	13
Class Locations	20
Facilities and Parks	19-21
Aquatics	22
Library	23
Alameda Walks	5
Friends of the Parks	30
Special Needs	38
Helpful Numbers	38
Registration Form	39

## TOTS

Preschool	6
Play Groups	7

## YOUTH

Summer Preview	8
Camps	9
After School	10
Enrichment	11-13
Fitness & Sports	13-14
Tennis	17
Golf	18

## TWEENS/TEENS

After School	15
Enrichment	16
Tennis	17
Golf	18
Kayak	29

## ADULT

Tennis	17
Golf	18
Online Classes	28
Enrichment	24-25
Sports	25
Fitness	26-27
Dance	28
Kayak	29
Travel	30

## SENIORS

Mastick Senior Center	31
Special Services	31
Food Program	31
Classes	32-34
Travel	34
Hot Topics	35
Overview	36-37



## ARPD DIRECTOR'S MESSAGE

ARPD has an incredible staff, many of whom have worked for us for years and even decades. They are a dedicated group of people and one thing that I'm particularly proud of is their collaborative community spirit. Most of the ARPD community events are collaborations with other organizations such as the East Bay Regional Park District, Girls Inc., Boys & Girls Club, Friends of the Parks Foundation, AMP, ACI, and the Bayview Women's Club. We also sponsor activities such as Alameda Walks and Let's Move Alameda with the support of Alameda Hospital and the Alameda Collaborative for Children, Youth and Families. In addition, ARPD staff worked closely with the Alameda Point Collaborative and subsequently hired four resident graduates of their Work Readiness Program as Facility Attendants. It's been a very positive and successful partnership. The Mastick Senior Center (MSC) Thrift Store, managed by the MSC Advisory Board and volunteers, also provided free clothes to the arson victims this past fall.

ARPD was fortunate to receive a \$2.23 million grant to construct the Cross Alameda Trail through Jean Sweeney Open Space Park from the Regional Active Transportation Program. This trail portion will be constructed by the end of 2016.

The ARPD Parks Division also worked hard to ensure that brown is the new green in our parks. We achieved a 30% overall water reduction in our parks by changing procedures and focusing our water on the active park areas such as athletic fields and play areas. All of our Parks staff is attending Bay-Friendly Landscape training and we are working to identify funding to convert targeted passive use areas to drought tolerant landscaping and drip systems.

As always, I welcome your ideas and suggestions. You can contact me at [awooldridge@alamedaca.gov](mailto:awooldridge@alamedaca.gov) or like us on Facebook.



Amy Wooldridge, Director

**Parks  
Make  
Life  
Better!**

## Recycling & Compost! Coming to an Alameda Park near you

The City of Alameda received a grant from CalRecycle to implement a broader recycling collection plan in our parks and popular areas on the Island. Soon you will be seeing durable recycling and composting containers near the picnic areas of your favorite parks, close to coffee shops, and at other places where folks need a spot to discard their recyclable containers and food scraps. This expansion will be going on over the next couple of years, a project that is in cooperation between Alameda's Recreation and Parks Department and the Public Works Department.

**Questions about the program? Please call Public Works at 510-747-7930.**



## ARPD Program Staff

### Christina Bailey

Pre-K and Youth  
510-747-7554  
[cbailey@alamedaca.gov](mailto:cbailey@alamedaca.gov)

### Susie Brown

Park & Facility Rentals  
510-747-7576  
[sbrown@alamedaca.gov](mailto:sbrown@alamedaca.gov)

### Ed Kallas

Senior Programs, Travel  
510-747-7511  
[ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov)

### Dennis McDaniels

Adult and Youth Athletics,  
Aquatics  
510-747-7586  
[dmcdaniels@alamedaca.gov](mailto:dmcdaniels@alamedaca.gov)

### Shawn Smith

Teens, Classes, Special Needs  
510-747-7555  
[sdsmith@alamedaca.gov](mailto:sdsmith@alamedaca.gov)

## Recreation and Parks Commission

Meets every 2nd Thursday at 7:00pm  
At City Hall, Council Chambers  
2263 Santa Clara Ave., Alameda  
Everyone welcome  
Also televised live on  
Alameda Cable TV Ch. 15

## Golf Commission

Meets 2nd Tuesday at 6:30p.m.  
every other month  
(Jan, Mar, May, July, Sept, Nov.)  
At City Hall, 3rd Floor, Room 360  
2263 Santa Clara Ave., Alameda

## Mastick Senior Center Advisory Board

Meets 3rd Wednesday  
at 9:00 a.m.  
Mastick Senior Center  
1155 Santa Clara Ave., Room D

## Alameda Youth Committee

Meets Wednesdays at 4:00p.m.  
At the Vet's Building, 2203 Central  
Ave., Rm. 390  
For grades 6-12

# CITY DIRECTORY

## Alameda City Council

<b>Trish Spencer</b>	Mayor
<b>Frank Matarrese</b>	Vice Mayor
<b>Tony Daysog</b>	Councilmember
<b>Marilyn Ezzy Ashcraft</b>	Councilmember
<b>Jim Oddie</b>	Councilmember

## Recreation and Parks Commission

<b>Bill Delaney</b>	Chair
<b>Lola Brown</b>	Vice-Chair
<b>Mario Mariani</b>	Member
<b>Ruben Tilos</b>	Member
<b>Ann Cooke</b>	Member

## STAFF

<b>John Russo</b>	City Manager
<b>Amy Wooldridge</b>	ARPD Director
<b>Jackie Krause</b>	Senior Service Manager
<b>John McDonald</b>	Parks Manager
<b>Patrick Russi</b>	Recreation Manager
<b>Christina Bailey</b>	Recreation Specialist
<b>Edward Kallas</b>	Recreation Specialist
<b>Dennis McDaniels</b>	Recreation Specialist
<b>Shawn Smith</b>	Recreation Specialist
<b>Nora Pon</b>	Senior Clerk
<b>Susie Brown</b>	Administration
<b>Amy Vales</b>	Accounting Technician

## Alameda Recreation & Park Department



Web	<a href="http://www.alamedaca.gov/recreation">www.alamedaca.gov/recreation</a>
Online Registration	<a href="http://www.arpdeplay.com">www.arpdeplay.com</a>
Email	<a href="mailto:arpd@alamedaca.gov">arpd@alamedaca.gov</a>
Facebook	playARPD on Facebook
Phone	510-747-PLAY
Fax	510-523-4071
Hours	Mon - Thurs: 8am - 6pm
Park & Facility Issues - After Hours	747-7542
Field Condition Hotline (after 2pm)	747-7540
Mastick Senior Center	747-7500
Parks & Facilities	Refer to page <b>20 - 21</b>

## CITY DEPARTMENT PHONE LIST

<b>Emergency</b> (Life or Property at Risk)	<b>911</b>
City Information	747-7400
City Attorney	747-4750
City Clerk & City Council	747-4800
City Manager's Office	747-4700
Alameda Municipal Power (AMP)	748-3900
Community Development	747-6850
Building	747-6800
Economic Development	747-6890
Finance	747-4881
Fire (Non-Emergency only)	337-2100
Chuck Corica Golf Complex	747-7800
Housing Authority	747-4300
Human Resources	747-4900
Library	747-7777
Police (Non-Emergency only)	337-8340
Anonymous Tip	337-8450
Animal Shelter	337-8565
Animal Control/FAAS Shelter	337-8340
Public Works	747-7900

## COMMUNITY RESOURCES

Alameda Alligators	<a href="http://www.alameda-alga.com">www.alameda-alga.com</a>
Alameda Attack Lacrosse	<a href="http://www.alamedalacrosse.com">www.alamedalacrosse.com</a>
Alameda Babe Ruth	<a href="http://www.alamedababeruth.com">www.alamedababeruth.com</a>
Alameda Boys & Girls Club	<a href="http://www.alamedabgc.org">www.alamedabgc.org</a>
Alameda Education Foundation	<a href="http://www.alamedaeducationfoundation.org">www.alamedaeducationfoundation.org</a>
Alameda Family Childcare Association	521-3997
Alameda Family Services	<a href="http://www.xanthos.org">www.xanthos.org</a>
Alameda Girls Softball	<a href="http://www.alamedagsa.com">www.alamedagsa.com</a>
Alameda Historical Museum	<a href="http://www.alamedamuseum.org">www.alamedamuseum.org</a>
Alameda Islanders	<a href="http://www.alamedaislanders.org">www.alamedaislanders.org</a>
Alameda Little League	<a href="http://www.eteamz.com/alamedalittleleague">www.eteamz.com/alamedalittleleague</a>
Alameda Meals on Wheels	<a href="http://www.alamedamealsonwheels.org">www.alamedamealsonwheels.org</a> (865-6131)
Alameda Pirates Football	<a href="http://www.thealamedapirates.org">www.thealamedapirates.org</a>
Alameda Soccer Club	<a href="http://www.alamedasoccer.org">www.alamedasoccer.org</a>
Alameda Swimming Pool Assn	<a href="http://www.alameda-swimming.com">www.alameda-swimming.com</a>
Alameda Unified School District	<a href="http://www.alameda.k12.ca.us">www.alameda.k12.ca.us</a>
Alameda Wolverines	<a href="http://www.alamedafootball.com">www.alamedafootball.com</a>
Alameda Youth Basketball	<a href="mailto:Randy4sports@hotmail.com">Randy4sports@hotmail.com</a>
Alameda Youth Collaborative	<a href="http://www.alamedayouth.com">www.alamedayouth.com</a>
American Red Cross	<a href="http://www.redcross.org">www.redcross.org</a>
Chamber of Commerce	<a href="http://www.alamedachamber.com">www.alamedachamber.com</a>
Chuck Corica Golf Complex	<a href="http://www.alamedagolf.com">www.alamedagolf.com</a>
Crab Cove Visitors Center	<a href="http://www.ebparks.org/parks/vc/crab_cove">www.ebparks.org/parks/vc/crab_cove</a>
East Bay Regional Park District	<a href="http://www.ebparks.org">www.ebparks.org</a>
Girls Inc. of the Island City	<a href="http://www.girlsincislandcity.org">www.girlsincislandcity.org</a>
USS Hornet Foundation Museum	<a href="http://www.uss-hornet.org">www.uss-hornet.org</a>
State Park Info and Reservations	<a href="http://www.parks.ca.gov">www.parks.ca.gov</a>

# COMMUNITY EVENTS

## Annual Rose Pruning at Lincoln Park Sunday, January 4, 11:00 a.m. – 1:00 p.m. Lincoln Park

East Bay Rose Society representatives will be at Lincoln Park, 1450 High Street or 1425 Fernside Blvd., on Sunday, January 4, between 11:00 a.m. and 1:00 p.m. to provide a rose pruning demonstration. Time will be allocated for "Q & A" pertaining to rose care. Practice your rose pruning skills by helping to prune the roses at Lincoln Park and return home to prune your roses like an expert!

## 14th Annual Father Daughter Dance Party

**An Evening Under the Sea**  
**Albert H. DeWitt O'Club,**  
**641 West Redline Avenue**  
**Friday, February 6,**  
**6:00 p.m. – 8:30 p.m.**

Co-sponsored by Girls Inc. and Alameda Recreation & Park Department

A special party for girls who are currently five to twelve years of age. There will be dancing, arts & crafts, hors d'oeuvres, and lots more fun! Each daughter will receive a special memento at the end of the evening. Registration begins on December 1st and ends January 23rd or until event sells out, so sign-up early!



\$25 per couple/\$15 each additional daughter	Class # 15092
Corsages available \$5 each, pre-order only	Class # 15093

## Alameda Community Band Concert

**Tuesday, March 17, 7:30 p.m.**  
**Veteran's Memorial Building, Auditorium**  
**2203 Central Ave.**

**FREE**

## 33rd Annual Spring 'Egg' Stravaganza Coloring Contest

A coloring contest open to all aspiring young artists currently enrolled in Kindergarten through 5th grade. Entry forms will be available starting March 2nd at local parks, on the ARPD website and Facebook, schools, and libraries. Return your completed entry form to the ARPD office or your local park site. Deadline is April 10th. Prizes will be awarded for 1st, 2nd, 3rd place winners in the following grade divisions: Kindergarten and 1st grades, 2nd and 3rd grades, 4th and 5th grades.

## ALAMEDA WALKS - 2015

The 2015 Alameda Walks schedule will be announced in March on our website and Facebook. We look forward to seeing you then! And keep walking during the off-season with friends and family!

## Splash into Spring Egg Scramble

**Ages walking to 12 years**

**Sat., March 28 (Rainout Date is April 4)**  
**10:00 a.m. - 11:45 a.m.**

**Crab Cove Picnic Area, 1252 McKay Ave.**

*Sponsors: Rotary Club of Alameda, East Bay Regional Park District & Alameda Recreation and Park Department*

Pre-Scramble Activities include the Mobile Fish Exhibit, Beach Exploration, Lawn Games, Arts & Crafts & More! Snacks will be available for purchase courtesy of the Alameda Youth Committee (AYC). Photos with the Easter Bunny (with your camera) available for \$3. The scramble will begin promptly at 11:40 a.m. in the different age areas. Free Parking available at Otis and Westline Parking Lot.

**FREE**



## Earth Day Festival

**Sat., April 25,**  
**10:00 a.m. – 3:00 p.m.**

**FREE**

Come celebrate the planet with us at Alameda's Earth Day Festival! As part of celebration, it is our goal to present simple lifestyle changes to help the environment. Enjoy free activities for kids, Earth Day games and exhibits. Learn about building a clean, healthy, sustainable world for generations to come. Visit the Farmer's Market stands and youth activities led by Scouts from Alameda troops. Try out our bike powered smoothie blender and spin art machine. Get involved with the Earth Day Beach Clean-up – Contact Crab Cove Visitor Center at (510) 544-3187.



## Annual Thrift Shop Fashion Show & Spring Luncheon

**Thursday, May 7, 12:00 noon, Mastick Social Hall**

Mastick Senior Center Advisory Board's Annual Thrift Shop Fashion Show & Spring Luncheon. FUN! FUN! FUN! Giggle the afternoon away by supporting Mastick Senior Center. The Annual Thrift Shop Fashion and Luncheon is an Alameda tradition. Tickets go on sale: Friday, April 10.

## Alameda Community Chorus

**Spring Choral Concert**

**Friday, May 8, 7:30 p.m.**

**Kofman Auditorium, 2200 Central Avenue**

**FREE**

## Alameda Community Band Concert

**Tuesday, May 26, 7:30 p.m.**

**Kofman Auditorium, 2200 Central Avenue**

**FREE**

## TINY TOTS & SMALL FRY

The Alameda Recreation and Parks Preschool offers a recreation, play-based program for children ages 3 to 5 years old (pre-kindergarten). Activities include storytelling, games, arts and crafts, cooking, music, motor fitness and free play.

### REQUIRED:

- Children must be the correct age on the first day of class
- SMALL FRY: 3 years old to 3 years and 11 mo; entering Kindergarten Fall 2016
- TINY TOTS: 4 years old to Pre-K; entering Kindergarten Fall 2015
- Children must be completely potty-trained and able to attend to their own personal needs to the best of their ability. Children must also be able to separate from their parents.
- **PROOF OF AGE IS REQUIRED AT TIME OF REGISTRATION - NO EXCEPTIONS**



### Winter 2015 Session

**Jan. 5 – March 28, 2015** (No class: Jan 19, Feb 13 and 16)  
1st payment due at enrolment; 2nd due 1/15/15

### Spring 2015 Session

**Mar. 30 – May 29, 2015** (No class April 6 through 10)  
1st payment due at enrollment; 2nd due 4/15/15

### Registration for Remaining Spaces

NEW students for any remaining spaces in **Winter 2015** may register Wed., December 10, 2014 at 8:00 a.m.

**Spring 2015** enrollment is available starting Wednesday, March 18, 2015 at 8:00 a.m. Students enrolled in the previous session have registration priority. Registration available at the ARPD office.

### Fees & Payment Schedule

WINTER 2015	SPRING 2015
<b>Mon/Wed/Fri</b> Full Payment: \$622 Two Payments: \$326 each*	<b>Mon/Wed/Fri</b> Full Payment: \$422 Two Payments: \$225 each*
<b>Tues/Thurs</b> Full Payment: \$422 Two Payments: \$222 each*	<b>Tues/Thurs</b> Full Payment: \$280 Two Payments: \$155 each*
<b>Mon – Friday (5 days)</b> Only Tiny Tots may attend 5 days Full Payment: \$1,036 Two Payments: \$548 each*	<b>Mon – Friday (5 days)</b> Only Tiny Tots may attend 5 days Full Payment: \$702 Two Payments: \$380 each*
* 1st payment due on enrolling, 2nd payment due 1/15/15	* 1st payment due on enrolling, 2nd payment due 4/15/15

### Winter 2015 & Spring 2015 Schedule

SMALL FRY CLASSES (3 to 3 yrs. 11 mo.)			Winter 2015	Spring 2015
Mon/Wed/Fri	9:00am – 12:00pm	Godfrey Park, 281 Beach Rd.	Class #13317	Class #15078
Tues/Thurs	9:00am – 12:00pm	Godfrey Park, 281 Beach Rd.	Class #13318	Class #15079
Mon/Wed/Fri	9:00am – 12:00pm	Littlejohn Park	Class #13319	Class #15080
Tues/Thurs	9:00am – 12:00pm	Littlejohn Park	Class #13320	Class #15081
Tues/Thurs	9:00am – 12:00pm	McKinley Park	Class #13321	Class #15082
Tues/Thurs	9:00am – 12:00pm	Washington Park	Class #13322	Class #15083
TINY TOT CLASSES (4 to 5 years)				
Tues/Thurs	9:00am – 12:00pm	Leydecker Park, Bay Farm Island	Class #13333	Class #15085
Mon/Wed/Fri	9:00am – 12:00pm	Leydecker Park, Bay Farm Island	Class #13332	Class #15084
Mon/Wed/Fri	9:00am – 12:00pm	McKinley Park	Class #13334	Class #15086
Mon/Wed/Fri	12:00pm – 3:00pm *	McKinley Park	Class #13335	Class #15087
Mon/Wed/Fri	9:00am – 12:00pm	Woodstock Park	Class #13337	Class #15089
Tues/Thurs – Bilingual	9:00am – 12:00pm	Woodstock Park	Class #13338	Class #15091
Mon/Wed/Fri	9:00am – 12:00pm	Washington Park	Class #13336	Class #15088
* Afternoon students bring their lunch to class.				



## PLAY GROUPS

### Alameda Wee Play

**Ages 6 month – 3 years**

Come and experience Alameda's play center for infants and toddlers ages 6 month – 3 years! Activities include arts and crafts, music time, and developmental and exploratory play. Activities are minimally structured allowing children to enjoy and explore on their own terms. Children must be accompanied and supervised by a parent or caregiver at all times.



Date	Continuously (Closed - Dec. 26, Jan. 2 & 19, Feb. 16, May 25)
Days	Mondays, Wednesdays, & Fridays
Times	10:00 a.m. – 1:00 p.m.
Location	Alameda Veteran's Memorial Building, 2203 Central Avenue
Cost	\$6 Drop-in per day per child OR \$60 Drop-in Card for 12 visits
Volunteer to set-up or clean-up, certain number per day, and receive free entrance for that day!	

### Parent/Child Play Group

**Ages 2 – 3 years, 6 mos.**

Experience the wonderful world of pre-school. You and your child will have the opportunity to spend some one on one time together while learning how play can be an effective learning tool. As a parent you will also have a chance to share with other parents, the trials and tribulation of being parents. This class is designed to have you, the parent, leading many of the activities with the guidance of a Tiny Tot instructor who will share with you the techniques used in pre-school.

This class will offer a broad range of activities including art, story time, movement, socialization, self-regulation and self-expression. **Other siblings may not attend class and parents must stay and participate in the class.**



Tuesdays	\$50 (# classes: 5)	Woodstock Park
Jan 20 – Feb 17	1:30 to 3:00 p.m	Class #15076
April 14 – May 12	1:30 to 3:00 p.m	Class #15077

## SUMMER 2015 SNEEK PEEK

**Tadpole Camp** (3yrs. to pre-k)  
**Jumping Frog Sport Camp** (3yrs. to pre-k)  
**Tenderfoot Camp** (4 yrs. to pre-k)  
**Art Camp** (3yrs. to pre-k)  
**Cooking & Science Classes**  
**Pre-Kindergarten Readiness Class**  
**Parent/Child Intro To Pre-School**



## MANY THANKS GO TO...

The Alameda Recreation and Park Department would like to recognize and express our gratitude to the following local organizations who have contributed to ARPD and our community in 2014.

- **McGee's Bar and Grill** for their continuous support of Community Events and Adult Sports programming.
- **Church of Jesus Christ of Latter-Day Saints** for their annual work effort to improve Alameda Parks and recreation facilities.
- **Alameda Vipers Youth Basketball** for donating the time and materials to install new basketball hoops on court 1 at the Alameda Point Gym.
- **Alameda Friends of the Parks Foundation** for sponsoring all three Starlight Movies in the Park and donating toward the Teen Haunted House.
- **ACI (Alameda County Industries)** for donating toward the Teen Haunted House.
- **Alameda Rotary** for sponsoring the Easter Egg Scramble.
- **Tucker's Ice Cream and the Save the Bench** campaign and its many supporters for donating toward the repair and renovation of the Isabelle Clark bench in Jackson Park.
- **Bayview Women's Club** for donating toward the Sand Castle and Sand Sculpture Contest and youth scholarships.
- **Alameda Elks Lodge #1015, Alameda Theatre, and the Steering Committee: Kevin Kearney, Kevin Kennedy, Kin Robles, Kyle Connor, Lil Arnerich, Cindy LaCroix, Adrienne Alexander, Bill Sonneman, Eric Cross, and John Costello** for financially supporting the Summer Park Baseball League – a free program for all Alameda youth.

## SUMMER DAY CAMP

**Camp fills quickly!**  
**Registration starts Monday, March 23rd**  
 Prices and Additional Information available in  
 Summer Activity Guide.

### Hidden Cove Day Camp

**Ages 5 - 7** (Completed TK through 1st Grade)  
 Robert Crown Memorial State Beach and Crab Cove provides the natural setting for an introductory camp experience. Activities include camp skills, outdoor cooking, nature crafts, hiking, and out of town field trips on Fridays. The week is highlighted by the Thursday Night Family Camp Program.

June 22 - July 10 (individual weeks)	
Mon, Tues, Wed and Fri	9:00 a.m. - 3:00 p.m.
Thursday	10:00 a.m. - 6:30 p.m.

### Trails End

**Ages 7 - 11** (Completed 2nd - 5th Grades)  
 Redwood Regional Park in the Oakland Hills provides the natural setting for the outdoor fun of archery, hiking, camp skills, nature crafts and cooking. The week is highlighted by the fun-filled Thursday Night Family Camp Program. A field trip takes place each Friday. Campers are bussed to and from camp daily except Thursday evenings. Pick-up and drop-off available from Franklin, Godfrey, Krusi, Lincoln, Longfellow, McKinley, Tillman and Washington Parks.

July 13 - Aug. 7 (individual weeks)	
Mon, Tues, Wed and Fri	8:30 a.m. - 4:30 p.m.
Thurs	9:30 a.m. - 7:00 p.m.



### Trailblazers

**Ages 8 - 11** (Completed 3rd - 5th Grades)  
 This three-day adventure includes hiking, camp skills, cookouts, archery, and swimming. An overnight takes place at the end of the second day in the untamed outdoors of Redwood Regional Park in the Oakland Hills. Campers are bussed to and from Camp from Franklin, Lincoln or Longfellow Parks.

August 10 - 12	
Mon - Wed	Overnight on Tuesday evening

## SUMMER YOUTH PROGRAMS

### World of Wonder (WOW)

**Grades K - 5**

World of Wonder (WOW) is an all-day summer recreational program. In addition to the variety of recreational activities that include games, sports, cooking, nature, drama, and the usual fun times, ARPD is adding a few fun twists to include in town field trips, special events, and a pledge to Let's Move Alameda for a healthier lifestyle. Godfrey and Washington Park

June 17 - August 21 (individual weeks)	
Monday through Friday	7:15 a.m. - 5:30 p.m.
Godfrey Park and Washington Park	

### ARPD Baseball Program

**Grades K - 5**

ARPD Summer Park Baseball Program will be offered FREE again this summer. Make sure your kindergartener thru fifth grade child is ready to play ball! Children will play 7 games throughout Alameda and hold a practice once a week. Lower grades will hold a practice once a week and play 4 games this season. The summer will conclude with a baseball jamboree celebration which will include a skills contest, lunch, and a lot of baseball fun.



### Look for Summer Youth Sports Camps

- All Sports Adventure
- Kidz Love Soccer
- Tennis
- Volleyball
- Basketball
- Flag Football
- Cheerleading
- Lacrosse
- Jordan Richter Skateboard Camp



## VACATION CAMPS

### Winter Wonderland Camps

#### Grades K - 5

Make this holiday season special by registering your children for one or both sessions of ARPD's Winter Wonderland Camp. Arts and crafts, games and cooking, which follow a theme, are just part of the excitement. Walking excursions may also be scheduled, dependent on weather. Please bring a bag lunch. Camp will be held at Harrison Center (Lincoln Park).



Camp Session I	
December 22 - 24	9:00am - 3:00pm
Class #13935	\$90 Resident/\$99 Non-Resident
Session I Extended Care	
Class #13937	\$45
Camp Session II	
December 29 - 31	9:00am - 3:00pm
Class #14077	\$90 Resident/\$99 Non-Resident
Session II Extended Care	
Class #13938	\$45

### Spring Adventure Camp

#### Grades K - 5

It's Spring Break! Come and hang out with your friends at our week-long adventure camp! Arts and crafts, games and cooking, which follow a theme, are just part of the excitement. Walking excursions may also be scheduled, dependent on weather. Please bring a bag lunch each day, unless notified differently. Wear comfortable walking shoes, socks, and play clothes.

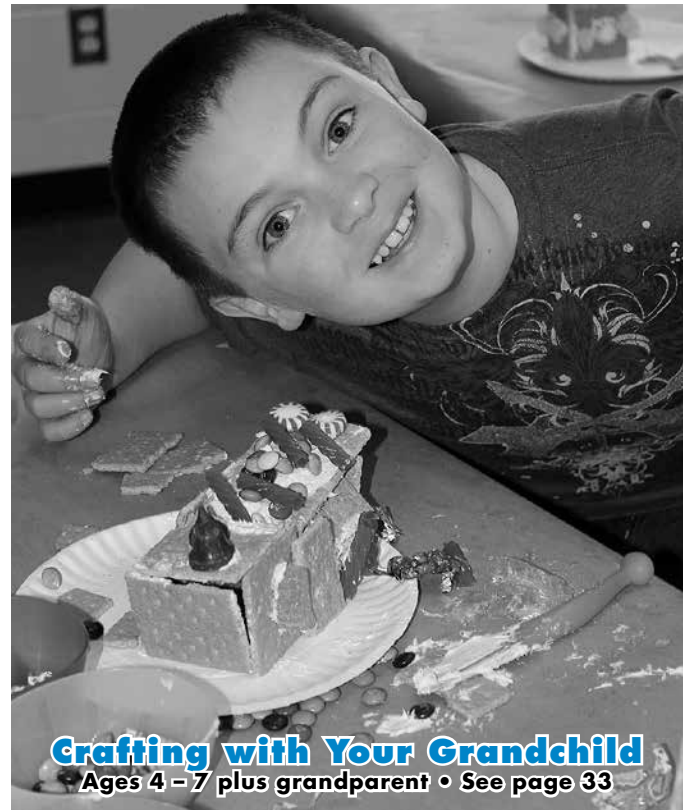
April 6-10, 2015	
Harrison Center, Lincoln Park	9:00am - 3:00pm
\$150 Resident \$165 Non-Resident	Class # 15074
Extended Care	
\$75	Class # 15075

## FATHER DAUGHTER DANCE

### "An Evening Under the Sea"

Co-sponsored by Girls Inc. and Alameda Recreation & Park Dept.  
Friday, February 6th  
6:00 p.m. - 8:30 p.m.

See page 5



**Crafting with Your Grandchild**  
Ages 4 - 7 plus grandparent • See page 33

## Follow, Like, and Share ARPD!



Get the latest updates and  
be the first to see our  
seasonal brochures!

[www.Facebook.com/PlayARPD](http://www.Facebook.com/PlayARPD)  
[www.Twitter.com/PlayARPD](http://www.Twitter.com/PlayARPD)  
[www.Pinterest.com/PlayARPD](http://www.Pinterest.com/PlayARPD)  
[www.Instagram.com/ARPDPlay](http://www.Instagram.com/ARPDPlay)

ARPD Social Media is presented by SOCIAL KICK.

## AFTER SCHOOL PROGRAMS

### Recreation Afterschool Program - RAP

**Grades 1 - 5**

**Through June 11, 2015, AUSD dismissal - 5:30 p.m.**

The Alameda Recreation and Park Department offers a supervised afterschool program for students attending AUSD elementary schools. RAP leaders meet the students when school is dismissed and walk them to the park. (Students must dress appropriately for cold and rainy weather). Participants may register to attend 2, 3 or 5 days a week. RAP does not meet on public school holidays, Legal Holidays, or AUSD staff development days. RAP includes early Wednesdays and modified days.

Activities include games/sports, cooking, arts and crafts, and a daily snack. RAP meets daily until 5:30 p.m. Children may be picked up by a designated person, or may walk or bike home with permission from their parents.

**For Grades 1-5 is offered at the following sites:**

- Amelia Earhart School – Leydecker Park
- Maya Lin & Paden Schools – Washington Park

The sites listed below are full but register early for next school year!

- Edison & Otis Schools – Lincoln Park
- Bayfarm School – Tillman Park
- Franklin & Lum Schools – Franklin Park

**For Kindergartners is ONLY offered at the following site:**

- Maya Lin & Paden Schools – Longfellow Park

#### Fees & Payment Schedule: Grades 1 - 5

WINTER Session	SPRING Session
Dec. 1, 2014 – March 13, 2015	March 16 – June 11, 2015
1st payment due 11/20/14	1st payment due 3/12/15
2nd due 1/29/15	2nd due 4/30/15
<b>5 days/week</b>	<b>5 days/week</b>
Full Payment: \$612	Full Payment: \$564
Two Payments: \$336 each	Two Payments: \$312 each
<b>3 days/week</b>	<b>3 days/week</b>
Full Payment: \$404	Full Payment: \$372
Two Payments: \$232 each	Two Payments: \$216 each
<b>2 days/week</b>	<b>2 days/week</b>
Full Payment: \$286	Full Payment
Two Payments: \$173 each	Two Payments: \$162 each
<b>Kindergarten payments are different</b> due to a longer day. Fee schedule available at <a href="http://www.alamedaca.gov/recreation">www.alamedaca.gov/recreation</a>	
<b>A limited number of reduced fees</b> are available for students. To qualify, please complete a fee assistance request form from ARPD.	

**Payments made after the due date will be subject to an automatic late charge of \$30.** Children may attend RAP two working days or 48 hours after payment is received. All changes must be made 24 hours in advance and subject to a \$15 service charge. **Late Pick Up Fees:** starting at 5:31 p.m., a late fee of \$1 per minute per child will be charged for late pick-ups payable the same day incurred. For the safety of the child, the proper authority will be contacted if your child is not picked up by 6:00 p.m.



### Parks and Playground Program

**Grades K - 5: 2014-2015 School Year**

**FREE**

The perfect opportunity for your child to participate in fun, safe, and cooperative activities where they can be creative, develop skills and make friends in an outdoor setting. Although leaders encourage participation, children are not required to participate in scheduled programs. Activities may include arts and crafts, cooking, drama, games, nature and special events. A nominal fee may be charged to help cover program supply costs. Monthly activity calendar for each site are available upon request. This program is FREE and there is no obligation to attend every day. This is not a childcare service – Parents may leave their child alone at the park at their own risk.

Locations	Bayport, Franklin, Lincoln, Longfellow, Tillman, and Washington Parks
Monday – Friday	3:00p.m. – 5:00p.m.
Fee	FREE Drop-in Afterschool Activities

#### All Sites Closed on School Holidays:

Christmas – December 25, 2014  
 New Year's Day – January 1, 2015  
 Martin Luther King Jr. Holiday – January 19, 2015  
 President's Day – February 16, 2015





## ENRICHMENT

### Parent & Me Baking

#### Ages 2 - 5

Explore the world of baking with your little one. From making your own pop creatures to frosting and decorating mini cakes; every class will be different. Each child will take home a treat. \$8 supply fee per class payable to the instructor.

Instructor: Theresa Pham Leiner



Saturday	10:00 a.m. - 11:00 a.m.	
Fee: \$12 (1 class)	Leydecker Park	
Jan. 24	Mini Cakes	Class # 14841
Feb. 7	Everything Is Coming Up Roses	Class # 14842
Mar. 28	Spring time Cookies	Class # 14843
Apr. 18	Chocolate Play Dough	Class # 14846
May 9	Cupcake Basics	Class # 14847
May 30	Chocolate Treasure Box	Class # 14848

### Pre-Ballet

#### Ages 4 - 5

Learn the basic positions, rhythms and movements of ballet in a fun creative environment. Prior to the first class, please contact Alameda Ballet Academy about their dress code at [admin@alamedaballet.com](mailto:admin@alamedaballet.com) (Subject Line: ARPD).

Monday	Fee \$190 (10 classes)	Alameda Ballet
Jan. 19 - Mar. 30 No Class Feb. 16	3:45 p.m. - 4:30 p.m.	Class # 14849
Wednesday	Fee \$190 (10 classes)	Alameda Ballet
Jan. 28 - Apr. 1	3:45 p.m. - 4:30 p.m.	Class # 14850
Friday	Fee \$190 (10 classes)	Alameda Ballet
Jan. 23 - Apr. 3 No class Feb. 13	3:45 p.m. - 4:30 p.m.	Class # 14851
Saturday	Fee \$190 (10 classes)	Alameda Ballet
Jan. 17 - Mar. 28 No Class Feb. 14	10:45 a.m. - 11:30 a.m.	Class # 14852



### Ballet 1

#### Ages 5 - 6

To achieve the beautiful posture and grace of a dancer, students begin by learning the concepts of stretching, strengthening and coordination. Working in first and second positions students learn the basic exercises which comprise a ballet barre and center floor work.

Tuesday	Fee: \$205 (10 classes)	Alameda Ballet
Jan. 27 - Mar. 31	3:45 p.m. - 4:45 p.m.	Class # 14853
Thursday	Fee: \$205 (10 classes)	Alameda Ballet
Jan. 29 - Apr. 2	3:45 p.m. - 4:45 p.m.	Class # 14854
Saturday	Fee: \$205 (10 classes)	Alameda Ballet
Jan. 17 - Mar. 28 No Class Feb. 14	11:45 a.m. - 12:45 p.m.	Class # 14855

### Boys Club

#### Ages 6 - 10

Boys only dance class!! Students will receive instruction in jazz, tap, hip hop and tumbling. Emphasis will be on instructing students to develop as "strong" dancers. Students should be dressed in athletic wear. Tap and jazz shoes required for class. If you need assistance with dance attire, contact Dance/10 at [dance@dance10.org](mailto:dance@dance10.org).

Instructor: Pamm Drake & Staff

Friday	Fee: \$293 (11 classes)	Dance/10
Jan. 9 - Mar. 27 No class Feb. 13	4:00 p.m. - 5:30 p.m.	Class # 14856

### Broadway Stars

#### (Jazz/Ballet/Tap/Voice)

#### Ages 6 - 9

In this combination class, students will learn grace and poise as they develop stretching, strength and coordination skills with Ballet, rhythm and musicality with tap, style with Jazz, and how to sing with voice. This will prepare any young dancer to be an all-around performer. Required dress code - Leotard, tights and ballet, Jazz and Tap shoes. If you need assistance with dancewear, contact Dance/10 at [dance@dance10.org](mailto:dance@dance10.org).

Instructor: Pamm Drake



Monday	Fee: \$355 (11 classes)	Dance/10
Jan. 12 - Mar. 30 No Class Feb. 16	3:30 p.m. - 5:30 p.m.	Class # 14857
Tuesday	Jan. 13 - Mar. 24	Class # 14858

**For more information and to register for classes see [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)**



## Mommy & Me Ballet

**Ages 3 - 4, with caregiver**

You and your little one will gain flexibility while learning the basic positions and steps of ballet alongside one another! This is a great way to get exercise and introduce your child to the world of ballet! No previous experience necessary. ) Prior to first class, please contact us at admin@alamedaballet.com (Subject line: ARPD).



Saturday	Fee: \$190 (10 classes)	Alameda Ballet
Jan. 17 – Mar. 28 No Class Feb. 14	9:45 a.m. – 10:30 a.m.	Class # 14968

## Introduction to Square Dance

**Ages 8 to adult**

This class will introduce the basics of Square Dance, an aerobic and interactive dance form. Partner or special costume not required. Comfortable shoes recommended.

Instructor: Charles Clay

Wednesday	7:00 p.m. - 8:30 p.m.	Leydecker Center
Jan. 14 – Apr. 1	Fee: \$35 (12 classes)	Class # 14969
Apr. 15 – June 3	Fee: \$30 (8 classes)	Class # 14970

## Circus Art

**Grades 1 - 5**

Balancing, bouncing, tossing, tumbling, spinning, smiling, jumping, juggling, and lots of clowning around! Come wiggle and giggle your school-day energy out in this fun active class that encourages cooperation over competition. Defy gravity on our giant rolling circus globe, make new friends building human pyramids, then take a break while spinning plates! Kids find body-awareness and confidence in a high energy, inclusive environment tailored to challenge and inspire all ages and abilities. Every class is different and offers new opportunities for all levels. No experience necessary.

Instructor: Circus Moves Cynthia Rauschert

Wednesday	3:30 p.m. – 5:00 p.m.	Veteran's Rm 250
Feb. 4 – Apr. 2	Fee: \$156 (9 classes)	Class # 14860
Apr. 15 – May 27	Fee: \$122 (7 classes)	Class # 14861

## Force of Nature

**Ages 5 - 7**

Take cover because we're about to take a trip through some wild weather! Kids will love to build moving models simulating a tornado, tsunami, earthquake and cyclone. Learn how they move, why they happen and what you can do to stay safe! \$15 supply fee due to teacher at first class.

Instructor Oona Gilles-Weil

Wednesday	Fee: \$108 ( 6 classes)	Veteran's Rm 120
Feb 18 – Mar. 25	2:00 p.m. – 3:00 p.m.	Class # 14863

## Energy is Everywhere

**Ages 5 - 7**

Explore the many sources of renewable energy including wind and solar power as well as bio and fossil fuel. Students will build moving models and discuss various renewable power sources. \$15 supply fee due to teacher first class.

Instructor Oona Gilles-Weil

Wednesday	Fee: \$108 ( 6 classes)	Veteran's Rm 120
Apr. 15 – May 20	2:00 p.m. – 3:00 p.m.	Class # 14864

## Hula Hooping with Circus Moves NEW

**Ages 9-13**

Hoop-hoop-and away! This class is designed to inspire and empower young people through creativity and playful movement. Beginners learn the basics of on and off the body hooping, while those with more experience have the opportunity to experiment with more advanced techniques.

Instructor: Circus Moves

Saturday	Fee: \$88 (5 classes)	Veteran's Rm 250
Jan. 24 – Feb. 21	10:00 a.m. – 11:00 a.m.	Class # 14862



## Original Play Project

**Grades 1 - 6**

During this 12-week session, participants will be guided through the process of creating their own Original Play. They will learn to create characters, develop stories, write a script, and costume and make-up design. This will culminate in the performance of the participant's Original Play. \$10 supply fee due first class.

Instructor: Virago Theatre Company

Thursday	4:30 p.m. – 5:30 p.m.	Veteran's Rm 120
Jan. 15 – Apr. 2	Fee \$123 (12 Classes)	Class # 14865
Apr. 16 – June 4	Fee \$83 (8 Classes)	Class # 14866

## Oakland Youth Chorus (OYC) Alameda Miracles

### Grades K - 5

OYC is a professional, award-winning music education and performance program. Singers enjoy discovering the world through learning songs from a variety of cultures while building musical skills including melody, rhythm, harmony, and music theory. To find out more about OYC, please visit [www.oaklandyouthchorus.org](http://www.oaklandyouthchorus.org).  
Instructor: OYC Staff



### Grades K - 2

Tuesday	4:30 p.m. - 5:30 p.m.	Veteran's Room 120
Jan. 27 - Mar. 31	Fee \$143 (10 classes)	Class # 14867
Apr. 14 - June 2	Fee \$115 (8 classes)	Class # 14869

### Grades 3 - 5

Tuesday	5:00 p.m. - 6:00 p.m.	Veteran's Room 120
Jan. 27 - Mar. 31	Fee \$143 (10 classes)	Class # 14868
Apr. 14 - June 2	Fee \$115 (8 classes)	Class # 14870

## ALAMEDA POLICE

### Spring 2015 Citizens' Police Academy

**Alameda Police Department is now accepting applications for the Spring 2015 Citizens' Police Academy!**

Have you ever wanted to learn more about your police department? Now is your chance! This 11-week academy will allow you to explore the many aspects of policing. The academy generally meets once a week from 6:30 pm to 9 pm. Although the exact academy dates have not been finalized, it is expected to start in the beginning of March. Participants will learn about topics such as:

- Crime scene investigations
- Crime prevention
- Firearms training
- Defensive tactics
- Traffic enforcement
- Police selection
- SWAT
- ...and much more!!

To be eligible for the academy, you must meet the following criteria:

- Be a minimum of 18 years old
- A resident of or employed in the City of Alameda
- No misdemeanor or felony convictions
- Have an interest in law enforcement and having fun

**For more information or to get an application please go to [www.AlamedaPolice.org](http://www.AlamedaPolice.org) or contact Officer Frank Petersen at (510) 337-8387.**

Class size is limited so get your application in early!



## FITNESS



### Kids Gymnastics with Ruby

#### Ages 12 months - 8 years

For 20 years, Ruby's Tumbling has provided a fun classroom setting for youngsters to learn the early stages of balance, coordination, flexibility and strength. Watch them gain confidence with every step.

Instructor: Ruby Gama

#### Ages 12 mo. to 23 mo. (parent participation)

Thursday	Fee: \$113 (8 classes)	Ruby's Tumbling
Jan. 15 - Mar. 5	9:15 a.m. - 10:00 a.m.	Class # 14871
Apr. 16 - June 4	9:15 a.m. - 10:00 a.m.	Class # 14872

#### Ages 24 mo. to 3 (parent participation)

Thursday	Fee: \$113 (8 classes)	Ruby's Tumbling
Jan. 15 - Mar. 5	10:15 a.m. - 11:00 a.m.	Class # 14873
Apr. 16 - June 4	10:15 a.m. - 11:00 a.m.	Class # 14874

#### Ages 3 to 5

Thursday	Fee: \$123 (8 classes)	Ruby's Tumbling
Jan. 15 - Mar. 5	5:15 p.m. - 6:00 p.m.	Class # 14875
Apr. 16 - June 4	5:15 p.m. - 6:00 p.m.	Class # 14876

#### Ages K to 8

Thursday	Fee: \$133 (8 classes)	Ruby's Tumbling
Jan. 15 - Mar. 5	4:00 p.m. - 5:00 p.m.	Class # 14877
Apr. 16 - June 4	4:00 p.m. - 5:00 p.m.	Class # 14878

### Kayaking

**Ages 5 to Adults - See page 29**

### Hawaiian Jujitsu

**Ages 15 & Up - See page 26**

## SPORT

### Kidz Love Soccer

#### Ages 2 – 10

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Please bring shin guards and a water bottle, (shin guards not required for Mommy/Daddy & Me Soccer) All participants receive a free KLS jersey. KLS class status hotline (888) 372-5803.



Wednesday	Session 1	Jan 28-March 18
Fees: \$110	Lower Washington	
Tot/Pre-Soccer (Ages 3.5-5)	3:10 – 3:45pm	Class # 15046
Soccer 1 (Ages 5-6)	3:45 – 4:30pm	Class # 15048
Soccer Skillz & Scrimmages (Ages 7-10)	4:30 – 5:15pm	Class # 15050
Wednesday	Session 2	April 15-June 3
Fees: \$110	Lower Washington	
Soccer Skillz & Scrimmages (Ages 7-10)	4:30-5:15pm	Class # 15055
Soccer 1 (5-6yrs)	3:45-4:30pm	Class # 15054
Tot/Pre-Soccer (Ages 3.5-5)	5:15-5:50pm	Class # 15053
Mommy/Daddy & Me Soccer (Ages 2-3.5)	6:00-6:30pm	Class # 15064

Saturdays	Session 1	Jan 31-March 21
Fees: \$110	Upper Washington Park	
Tot-Soccer (Ages 3.5-4)	9:15-9:45am	Class # 15045
Pre-Soccer (Ages 4-5)	9:45-10:20am	Class # 15047
Soccer 1 (Ages 5-6)	10:20-11:05am	Class # 15049
Soccer Skillz & Scrimmages (Ages 7-10)	11:05 – 11:50am	Class # 15051
Mommy/Daddy & Me Soccer (Ages 2-3.5)	12:00-12:30pm	Class # 15052
Saturdays	Session 2	April 18- June 13
Fees: \$110	Upper Washington Park	
Tot-Soccer (Ages 3.5-4)	9:15-9:45am	Class # 15056
Pre-Soccer (Ages 4-5)	9:45-10:20am	Class # 15057
Soccer 1 (Ages 5-6)	10:20-11:05am	Class # 15058
Soccer Skillz & Scrimmages (Ages 7-10)	11:05 – 11:50am	Class # 15059
Mommy/Daddy & Me Soccer (Ages 2-3.5)	12:00-12:30pm	Class # 15060

### Skyhawks After-School Sports

#### Grades K – 5

This action packed Multi-Sport program allows your child to play all of their favorite sports and games in a safe, fast-paced and structured environment, with lots of encouragement and a big focus on fun! Participants play 3-weeks of each sport combo: Soccer/Kickball, Baseball/Dodgeball, Basketball/Ultimate Frisbee, Flag Football/Capture the Flag. Your young athlete will learn the essential rules, strategies and skills of each sport, along with vital life lessons such as leadership, teamwork and sportsmanship. Participant-to-coach ratio is 12:1.

Fees \$179 per session

Kindergarten	Mondays	March 16-June 8 (no class April 6 or May 25)
3:30-5:00 p.m.	Longfellow Park	Class #15094
Grades 1-5	Tuesdays	March 17-June 9 (no class April 7)
3:30-5:00 p.m.	Lincoln Park	Class#15095
Grades 1-5	Thursdays	March 19-June 11 (no class April 9)
3:30-5:00 p.m.	Leydecker Park	Class #15096

### Jr. Warriors Basketball Clinic

#### Grades K – 3

This exciting and innovative program has been specifically designed to offer youngsters in K – 3rd grades an opportunity to participate in an organized program of balanced competition. The program philosophy will stress a positive attitude, teamwork, good sportsmanship, and self-confidence. Fee includes Jr. Warriors jersey, headband, and certificate of participation

Saturdays	March 21 – April 25	Alameda Boys & Girls Club	
Kindergarten	10:00 a.m. – 11:00 a.m.	Class # 15065	Fees \$90
Grade 1	11:00 a.m. – 12:00 p.m.	Class # 15066	Fees \$90
Grade 2-3	9:00 a.m. – 11:00 a.m.	Class # 15067	Fees \$130





## AFTER SCHOOL

### The Underground

#### Drop-In for Grades 6 - 12

The Underground Teen Center has computers, big screen TV, pool table, video games, ping pong, board games, music, snack bar, and adult supervision. There is no charge to use The Underground. Participants need to register at the center and must sign-in and sign-out on a daily basis.

<b>Monday through Friday</b> (closed school holidays, except those listed below)	3:00 p.m. to 5:30 p.m.
Veteran's Memorial, 2203 Central Ave., downstairs in Room 170	
<b>NEW for 2014/15!</b> The Underground Teen Center will be open on the following AUSD Non-School Days:	
<b>Winter Break</b>	
Dec. 22 - 24, and Dec. 26 (closed Dec. 25)	12:00 - 4:00 p.m.
Dec. 29 - 31, and Jan. 2 (closed Jan. 1)	12:00 - 4:00 p.m.
<b>Spring Break</b>	
April 6 - 10	12:00 - 4:00 p.m.

### Club Underground

#### Transportation for Grades 6 - 8

CLUB Underground is after school transportation from AUSD middle schools in ARPD vehicles to The Underground program. Transportation is not available on public school holidays, AUSD staff development days or unscheduled early release days. Participants must be registered before allowed to ride in the ARPD vehicles.

<b>Monday/Tuesday/Thursday/Friday</b>	Pick up: 2:30 - 3:00 p.m.		
<b>Wednesday</b>	Pick up: varies by school		
Fee: \$2 per one-way trip	OR \$20 ride pass available (10 rides)		

Academy of Alameda	#13924	ACLC	#13925
Bay Farm School	#13926	Lincoln Middle	#13929
Junior Jets	#13928	NEA	#13930
Wood Middle	#13931		

### Alameda Youth Committee

#### Grades 6 - 12

AYC is still accepting applications for the 2014-2015 school year! Get involved with planning activities for teens: dances, excursions, training, community issues, fundraising, etc. We are seeking responsible and committed teens who would like to get hands-on experience when it comes to leadership and event planning. Your creativity, past experience, social ability, and community spirit are needed to assist the Alameda Recreation and Park Department. A commitment is required and community hours will be earned when you participate with AYC. Applications are available at The Underground Teen Center and the Alameda Recreation and Park Department. Interviews will be conducted prior to acceptance into the Committee.

<b>Wednesdays</b>	4:00 - 5:00 p.m.	#13923
Veteran's Memorial Building, 2203 Central Avenue, Rm 390		



### Operation GreenSweep

#### Grades 6 - 12

GreenSweep is looking for teens who want to earn community service hours by helping to beautify our city parks and community centers. Teens will meet ARPD Teen Staff at the Veteran's Memorial Building on Fridays/early release days to work on various park projects. Duties include but are not limited to park clean-up, light trash removal, weeding, planting, etc. Equipment will be provided to participants for various projects. Transportation will be provided to and from the parks. Registrations will be taken until program is full. Program will be held weather-permitting.

<b>Fridays</b>	April 17 - May 29, 2015	3:30 - 5:00 p.m.
Teen Center (Veteran's Memorial Building, 2203 Central Avenue)		
#15069	\$45 (includes t-shirt)	

### Teen Volunteer Program

#### Grades 7 - 12

This program is for students who are interested in volunteering at the parks and playgrounds. Students must complete a volunteer application form and return it to the Recreation and Park Department, 2226 Santa Clara Ave. Applicants will be contacted for an interview. Interviews do not guarantee acceptance into the program. Upon selection, volunteers must attend a training session. Registrations and/or interviews one week prior OR after training session dates will not be accepted. These volunteer hours will satisfy the community service requirement for the schools. Limit 24 students per training session.

<b>Thursday</b>	<b>January 29, 2015</b>
4:00 - 5:30 p.m.	Veterans Memorial Building, Rm 120
#15070	\$45
<i>For those teens who want to volunteer during winter and/or spring.</i>	
<b>Thursday</b>	<b>March 26, 2015</b>
4:00 - 5:30 p.m.	Veterans Memorial Building, Rm 120
#15071	\$45
<i>For those teens who want to volunteer during spring and/or summer.</i>	
<b>Thursday</b>	<b>May 28, 2015</b>
4:00 - 5:30 p.m.	Veterans Memorial Building, Rm 390
#15072	\$45
<i>For those teens who want to volunteer during summer.</i>	

## ENRICHMENT

### Babysitter's Training

**Ages 11-15**

Learn the basics of being a responsible babysitter and be certified through the American Red Cross. Class includes basic care of infants and toddlers, from feeding to changing. Students learn age-appropriate activities such as first-aid awareness, how to prevent accidents and how to handle emergencies. Upon successful completion, students will receive an American Red Cross Babysitter's Training Card only (no CPR/First Aid certification during this course). Pre-registration is required. This popular class is limited to 20 students, so sign-up early!

Thursdays	April 16 and 23	3:30 - 7:30 p.m.
Veterans Building, Rm #390	\$75 \$95 after April 2	Class # 15068

### Driver Education Internet Study Course

**Ages 15-18**

Are you tired of asking your parents for a ride? Are you at least 15 years old? If so, this class is for you. This is an interactive, online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. Receive DMV-approved Certificate of Completion. This class is a requirement for teens under 18 years old to obtain a learner's permit and driver's license. A licensed instructor is available to answer any questions. Sign up any time and take the online course at a time convenient for your schedule.

<b>Winter Session</b>	Class # 14879	Fee: \$55
<b>Spring Session</b>	Class # 14880	Fee: \$55

### Taiko Drumming

**Ages 10 & up - See page 25**

## FIELD TRIP

### Non-School Day Field Trip Alpine Meadows Ski Trip

**Grades 6 - 12**

Enjoy your school day off skiing or snowboarding at Alpine Meadows Ski Resort near Lake Tahoe! This trip makes spending a day on the slopes with friends fun and easy. Cost includes lift ticket, transportation, breakfast and late day BBQ, and supervision. Please bring your own ski or snowboard equipment, or rent equipment locally on your own beforehand.

<b>Friday</b>	<b>Feb. 13</b>	<b>4:30 a.m. - Evening, TBD</b>
#15073	\$175	
Pick-Up and drop-off at Veterans Building, 2203 Central Ave.		

**NEW**

## TWEEN SUMMER PREVIEW

### Tween Summer Adventures

**Incoming Grades 6 - 9**

It is not too early to think about summer plans for your incoming 6th through 9th graders. Join ARPD and your friends for summer excitement in our Tween Summer Adventure Program. These weekly programs are filled with fun in the sun, lots of activities, and many learning experiences. Your Tweens and Teens will make new friends, learn new skills, have some fun, and create lots of memories.



ARPD offers 8 weekly adventure programs starting on June 22nd Monday through Friday from 7:30 a.m. to 5:30 p.m. Check back in March to see what ARPD has in store for your Tweens and Teens this summer.

### Tween/Teen Summer Trips

**Incoming Grades 6 - 9**

If your Tween or Teen has a busy schedule this upcoming summer, then our trip program is perfect for them! Every Tuesday and Thursday there is an exciting field trip. Trips have included Paintball, Horseback Riding, Santa Cruz Beach Boardwalk, and Whitewater Rafting. This is a great way to be involved with the Tween/Teen Program without the weekly commitment.

## VOLUNTEERS NEEDED

### Teens Teaching Technology

**Teen Volunteers Needed, Grades 6 - 12**

This program is a new collaboration between the Mastick Senior Center and the Underground Teen Center. Teens will meet at Mastick Senior Center and assist Mastick members with their electronic devices. Devices can include, but are not limited to, iPhones, Android smartphones, assorted cell phones, tablets (iPads & Android), and laptops. Teens must notify Teen Coordinator if they are not able to attend a session for any reason; otherwise, it will be assumed that they will be in attendance. Volunteer hours can be earned for service, please inquire with Teen Coordinator. If teens need a ride from the Underground, please inquire with the Teen Center staff (teen must be a registered member of the Underground, in order to be eligible for the van ride).

3rd Thursday of the month	3:30 - 5:00 p.m.
Mastick Senior Center, 1155 Santa Clara Avenue, Room C	
Jan. 15: Class # 15097	Feb. 19: Class # 15098
March 19: Class # 15099	April 16: Class # 15100
FREE & qualifies for community service	

## TENNIS LESSONS

### Locations

<b>Krusi Tennis Courts</b>	Otis Dr. & High St
<b>Fairfield Tennis Courts</b>	740 Central Ave at 8th St. (Lower Washington Park)
<b>Leydecker Tennis Courts</b>	3225 Mecartney Road (Bay Farm Island)

### Monday Morning Lessons

#### Ages 18 & Up

Now is the time to make those changes to your strokes that will raise your game a notch. Each class includes instructor tips, drills, strategy and tactics.

Fairfield Tennis Courts		
Monday	\$100 per session	\$20 drop in
Jan. 5 – Feb 9	9:00 a.m. – 10 a.m.	Class #15028
Feb. 23 – March 30	9:00 a.m. – 10 a.m.	Class #15029
April 13- May 18	9:00 a.m. – 10 a.m.	Class #15030
Rain outs will be made up at the end of the session		

### Evening Lessons

#### Ages 18 & Up

Whether you are a beginner playing for the first time or an experienced player trying to hone your skills, ARPD can help improve your game.

Fairfield Tennis Courts		
Tuesday and Thursday	\$100 per session	\$20 drop in
Beginners	6:30 p.m. - 7:30 p.m.	
Intermediate	7:30 p.m. - 8:30 p.m.	
<b>6 classes</b>	<b>Beginner</b>	<b>Intermediate</b>
Jan. 6 – Jan. 22	Class #15033	Class #15039
Feb. 3 – Feb 19	Class #15034	Class #15040
March 3 – March 19	Class #15035	Class #15041
March 31 – April 16	Class #15036	Class #15042
April 28 – May 14	Class #15037	Class #15043
May 26 – June 11	Class #15038	Class #15044
Rain outs will be made up at the end of the session		



### 10 and Under Tennis

#### Ages 5 – 10

This class is designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size. Drop In Only.



Krusi Tennis Courts	
Saturdays	\$20 drop in per class
Drop-in Only	Sept. 20 – Dec. 6
9:00 a.m. – 10:00 a.m.	9 – 10 years old
10:00 a.m. – 11:00 a.m.	7 – 8 years old
11:00 a.m. – 12:00 p.m.	5 – 6 year old with Mommy/Daddy and Me

### Private and Semi-Private Lessons

#### Ages 6 & Up

Alameda Recreation and Park Department tennis instructors are available for private and semi - private instruction year round. Time and location of the lessons are flexible and arranged upon request. Our instructors are experienced tennis teachers, many of whom are certified professionals. Contact (510) 747-PLAY or ARPD@alamedaca.gov for scheduling.

Private Instruction	
1 hour lesson	\$45
4 one-hour lessons	\$180
Semi-Private*	
1 hour lesson	\$60
4 one-hour lessons	\$240
*Must have partner, price listed is for two participants	

### Parks Hotline 510-747-7542

Call to report a maintenance issue or call on weekends to talk to ARPD Park Monitors for any park-related concern

Alert

Advisory

Community

Traffic

**Be ALERT & stay INFORMED!**

**Receive City of Alameda**

**Emergency Alerts & Community Notices**

**instantly by email or mobile phone!**

Sign up at: [www.nixle.com](http://www.nixle.com)

or text your zip code to 888-777

*\*Landline telephones will continue to receive alert messages\**

**nixle**

Alert

Advisory

Community

Traffic



## CHUCK CORICA GOLF COMPLEX

**1 Clubhouse Memorial Drive  
747-7800 • [www.alamedagolf.com](http://www.alamedagolf.com)**

A golfers destination with 45 holes of challenging, yet enjoyable golf, a staff of PGA Professionals, pro shop, night lighted driving range, teaching academy, practice areas, restaurant, lounge and 9-hole Mif Albright course. Perfect for beginners and seniors.

**The Earl Fry (North) and Jack Clark (South) Courses** offer two scenic and challenging championship layouts that will challenge anyone's golfing skills. Call to reserve starting times or schedule a tournament. Our staff of highly trained professionals can provide assistance in club fitting, apparel, golf equipment, club repair and lessons.

**Practice Makes Perfect...** Enjoy the 9-Hole Par-Three Course & Expansive Practice Range... Friends, families and fun are a big part of golf at Chuck Corica, designed for beginners or those wanting to improve their short game, the par-three 9-hole MIF Albright course is a perfect option for those looking for a quick golf fix. Or, maybe a little practice on one of California's largest driving ranges is what you need to get started or to lower those scores.

### Newly Renovated Lucious Bateman Driving Range

- Upgraded mats
- 13 different targets
- Grass hitting surface coming soon
- Top quality range balls
- Custom club fitting by trained experts
- Lighted driving range
- Covered hitting stalls during inclement weather



### Norma Arnerich Teaching Academy

- Private teaching stalls
- Indoor teaching center
- State of the art video equipment
- Individual and group lessons available.

Residents (without cart)	Mon. – Fri.	Sat., Sun., & Holidays
<b>General</b>	\$29.00	\$37.00
<b>Senior</b> (Age 60 & Above)	\$24.00	\$37.00
<b>Junior</b> (Earl Fry Mon-Fri after 12:00; weekends & holidays after twilight only)	\$1.00	\$1.00 (after Twilight)
<b>Twilight</b> (2pm in summer & 12pm in winter)	\$24.00	\$25.00
<b>Late Twilight</b> (4pm in summer & 2pm in winter)	\$19.00	\$19.00
<b>9-holes</b> (1st 2-hours of the day)	\$19.00	\$24.00
<b>Tournament</b> (Cart included)	\$54.00	\$62.00
<b>Tournament – Senior</b> (Cart incl.)	\$37.00	\$60.00

### Mif Albright Par 3 Course

Residents	\$13.00
Non-Residents	\$16.00
Seniors over 60	\$10.00
Juniors under 18 - Non-Resident	\$10.00
Alameda Juniors	\$1.00

## REES JONES GOLF COURSE IMPROVEMENTS UNDERWAY

The front 9 of the South Course is closed for redesign while the back 9 is available for 18-hole play at a preferred rate.

The project includes a full redesign of tees, greens and fairways by the world-renowned architect Rees Jones, re-contouring of all holes, improved drainage, irrigation, cart paths and re-grassing. The South front nine will be followed by the closing of the South back nine sometime in the late spring to undergo the same process with all 18-holes planned for a grand reopening in 2016.

The North Course along with the recently completely renovated Par 3 and Practice Facility will remain open without interruption during the South Course Renovations.

Your ongoing support is appreciated while improvements are ongoing

**Please visit [AlamedaGolf.com](http://AlamedaGolf.com)  
for further updates on all course renovations.**

## FACILITY & PARK RENTALS

### ARPD Main Office

2226 Santa Clara Ave., 747-PLAY, ARPD@alamedaca.gov

### Park & Facility Issues Line

To report an issue in a park or facility 747-7542

### Albert H. DeWitt O'Club

641 West Redline Ave., Alameda Point

A beautiful, historic facility available for parties, weddings, special events and family functions. The facility features wood paneling, crystal chandeliers, and a parquet dance floor. The O'Club is an ideal venue for wedding receptions, banquets, social gathering and conferences. Rental fee includes room set-up, janitorial service and staff supervision. Seats up to 250 people.

Resident Private Rental Fees (4 hour minimum)	
Main Dining Room (250 max)	\$180/hour
Trident Room (120 max)	\$150/hour
Terrace Room (90 max)	\$120/hour
Squadron Room (50 max)	\$60/hour
Security deposit applies to all rentals	\$500
Other fees may apply	



### Recreation Centers at Bayport, Leydecker & Lincoln Parks

Recreation Centers are available to individuals and organizations and are ideal for private parties, birthdays, showers, dinners and other social functions. Seats up to 110 people.

Resident Private Rental Fee (2 hour min)	\$90/hour
Security deposit	\$300
Additional fee structure and other fees may apply.	

### Picnic Areas and Athletic Fields

These are available to individuals and organizations. Alcohol is not permitted.

Picnic tables available at the following parks: Franklin, Godfrey, Krusi, Leydecker, Lincoln, Littlejohn, Shoreline, Tillman and Washington. Picnic areas may be reserved from 9:00am – 8:00pm.

Resident Private Rental Fee (3 hour min)	\$30-80/hour depending on number of tables
Other fees may apply	

### Meyers House and Garden

2021 Alameda Ave.

Owned and operated  
by Alameda Museum

Alameda's first and only House Museum and a beautiful space for wedding and small receptions. The Alameda Historical Museum sponsors a house tour the 2nd and 4th Saturday of each month, from 1 – 4 p.m.. Admission is \$5 per person and all proceeds are put back into the House and Gardens.



**For all facilities,  
reservations may be made in person  
at the Recreation Office,  
2226 Santa Clara Ave.  
or requested by emailing  
ARPD@alamedaca.gov.**

A minimum advanced notice  
of seven working days is required.  
Facilities available on holiday weekends,  
subject to 15% additional fee.

## ADDITIONAL FACILITIES AVAILABLE TO THE PUBLIC

### Encinal and Grand Street Boat Ramps

ARPD maintains two free public boat launching ramps. Both Boat Ramps include a launching ramp, restrooms, and automobile and trailer parking. The Grand Street Boat Ramp also includes a fishing pier and fish cleaning facilities.

### Bill Osborne Model Airplane Field

Free flying lessons are held from 8:30am – 11:30am Sundays by appointment only, weather permitting. Equipment provided by Aer-o-nuts. For more info, visit [www.aero-manics.com](http://www.aero-manics.com). Fees are not required for flying model airplanes but proof of personal liability insurance is required.



# FACILITY & PARK

**ENJOY  
ALL THAT THE  
CITY OF  
ALAMEDA  
HAS TO  
OFFER!**



## ARPD Main Office

**2226 Santa Clara Ave.**

**747-PLAY**

**ARPD@alamedaca.gov**

**www.alamedaca.gov/recreation**

**Online registration:**

**www.arpdeplay.com**

**www.facebook.com/playARPD**

**Park and facility issues**

**- after hours 747-7542**

**Field Condition Hotline**

**- after 2pm 747-7540**



## CLASS LOCATIONS

Alameda Ballet Academy	(510) 337-1929 1402 Park Street
Alameda High School	2201 Encinal Ave.
Dance/10 Performing Arts Center	(510) 522-5678 900 Santa Clara Avenue
Encinal High School	210 Central Ave.
Ruby's Tumbling	(510) 337-0846 2333 Clement Avenue
Twin Towers Church	(510) 522-6744 1411 Oak Street





# FACILITY & PARK

PULL-OUT  
SECTION

## FACILITY & PARK LOCATIONS

Alameda Point Gym & Multi-purpose Field	1101 West Redline Ave.	747-PLAY
Bayport Park	301 Jack London Ave.	263-1428
City View Skate Park (Alameda Point)	1177 West Redline Ave.	
Chuck Corica Golf Complex	1 Clubhouse Memorial Dr.	747-7800
Dog Park (Robert Crown Memorial Beach)	next to Washington Park Tennis Courts	
Emma Hood Swim Center	2256 Alameda Ave.	522-8107
Encinal Boat Ramp	Central Ave. behind Encinal High	
Encinal Swim Center	230 Central Ave.	522-4590
Estuary Park	200 Mosley Ave	
Franklin Park	1432 San Antonio Ave.	522-3132
Godfrey Park	281 Beach Rd.	521-1551
Grand Street Boat Ramp	North End of Grand St.	
Harrington Field	3400 Oleander Ave.	
Jackson Park	2430 Encinal Ave.	
Jean Sweeney Open Space Park	1925 Sherman St.	
Krusi Park	900 Mound St.	522-4341
Leydecker Park	3225 Mecartney Rd.	521-1266
Lincoln Park/Harrison Center	1450 High St.	523-6222
Littlejohn Park	1401 Pacific Ave.	523-1510
Longfellow Park	520 Lincoln Ave.	522-5262
Main Street Dog Park	Main St. & Navy Wy.	
Main Street Linear Park	Main St.	
Main Street Soccer Field	Main St. & Appezato Pkwy.	
Marina Cove Waterfront Park	1591 Clement Ave.	
Mastick Senior Center	1155 Santa Clara Ave.	747-7500
McKinley Park	2165 Buena Vista Ave.	522-6161
Neptune Park	2301 Webster St.	
O'Club	641 West Redline Ave.	747-PLAY
Bill Osborne Model Airplane Field	Doolittle Dr. at Harbor Bay Parkway	
Rittler Park	1400 Otis Dr.	
Shoreline Park	2801 Seaview Parkway	
Tillman Park	220 Aughinbaugh Wy.	521-8307
Towata Park	3315 Bridgeway Isle	
Underground Teen Center	Veteran's Building, Rm 170	748-9466
Veteran's Memorial Building	2203 Central Ave.	864-4017
Washington Park	740 Central Ave.	521-0162
Woodstock Park	351 Cypress St.	521-0656



## AQUATICS

### Adult Lap Swim

Swim at your own pace or use one of our sample swim workouts. Workouts for beginner through advanced levels will be available. Kick boards provided. Must be at least 16 years old.



#### Encinal Swim Center, 230 Central Ave

<b>Mon and Wed</b> (year round)	7:15 p.m. – 8:45 p.m.
<b>Saturdays</b> (starting April 11 – May 9)	9:00 a.m. – 10:00 a.m.
Adults 16 – 49	\$5 resident/\$6 non-resident
Seniors 50 +	\$3 resident/\$4 non-resident
Discount multi-pass cards available.	

### Tiny Tot/Parent Swim

#### Ages 1 – 4

A great way to get your young child familiarized with the pool and prepares them for future swim lessons. Aquatic staff assists parents with introducing techniques to help their children become comfortable in the water. Parent or guardian must be at least 16 years of age and accompany each child. Swim diapers are required for children who are not potty trained.



#### Encinal Swim Center, 230 Central Ave

Saturdays	12:45 p.m. – 1:30 p.m.	April 11 – May 9
\$10 drop in for parent/guardian and child		
Discount multi-pass cards available		

### Lifeguard Training

#### Ages 15 and up

The American Red Cross Lifeguard Training course is to teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. Participants must pass pre-course swim requirements.

Monday, April 6 and	Encinal Swim Center	7 p.m. – 8 p.m.
Sunday April 12 – May 17	Emma Hood Swim Center	10 a.m. – 4 p.m.
Fee: \$185	Class # 15026	

### Water Safety Instructor Training

#### Ages 16 and up

This American Red Cross course will train individuals to teach others how to swim. Future instructors will learn how to use course material, develop lesson plans, conduct classes, evaluate students, and complete course records. Participants must pass a swim and water safety skills test. Bring swim suit and towel to all class dates.

Monday, March 2	Encinal Swim Center	7:30 p.m. – 8:30 p.m.
Sunday, March 8, 15, 22, 29	Emma Hood Swim Center	10 a.m. – 4 p.m.
Saturday, April 4, 11, 18, 25, May 2	Encinal Swim Center	10 a.m. – 4 p.m.
Fee: \$235	Class # 15027	



### Spring Swim Lessons

#### Ages 3 – 15

We are excited to offer private swim tutors and group swim lessons. This five week session is a great way to give you and your family a taste of what's to come this summer. Proof of age is required for children 3 – 5, (birth certificate, passport, insurance card, etc.) Please provide a copy if registration is mailed or faxed. Swim diapers are the only type of diapers allowed in the pool.

#### Encinal Swim Center, 230 Central Ave

Saturdays	April 11 – May 9
<b>Swim Tutor Private lesson</b>	10:15 a.m. – 10:45 a.m.
\$128 resident/\$148 non-resident	Class # 15022
<b>Ages 3 – 5 group lesson</b>	11:05 a.m. – 11:35 a.m.
\$34 resident/\$39 non-resident	Class # 15023
<b>Ages 6 – 15 group lesson</b>	11:45 a.m. – 12:30 p.m.
\$51 resident/\$59 non-resident	Class # 15024



## ALAMEDA FREE LIBRARY

**510-747-7777**

Check us out at [www.alamedafree.org](http://www.alamedafree.org),  
on our Facebook page at  
[www.facebook.com/alamedafreelibrary](https://www.facebook.com/alamedafreelibrary),  
on Tumblr at [alamedafree.tumblr.com](http://alamedafree.tumblr.com),  
or on Twitter at [@alamedafree](https://twitter.com/alamedafree).

The Alameda Free Library serves our community at three locations with a variety of services, including current and historic materials, internet access, books on audio, CDs, DVDs, storytimes, reference services, tax forms, foreign language materials, online databases, and special programs. The Main Library also features small group study rooms, larger meeting facilities and a café.



Main Library	
1550 Oak Street	510-747-7777
Mon - Wed	12 p.m. – 8 p.m.
Thu – Sat	10 a.m. – 5 p.m.
Sun	1 p.m. – 5 p.m.
Closed	Holidays
Bay Farm Island Library	
3221 Mecartney Road	510-747-7787
Mon	10 a.m. – 6 p.m.
Tues	12 p.m. – 8 p.m.
Thurs & Sat	10 a.m. – 5 p.m.
Closed	Wed, Fri, Sun & Holidays
West End Library	
788 Santa Clara Avenue	510-747-7767
Mon	12 p.m. – 8 p.m.
Wed	10 a.m. – 6 p.m.
Thurs & Sat	10 a.m. – 5 p.m.
Closed	Tues, Fri, Sun & Holidays
READY to go!	
677 West Ranger Avenue	Alameda Free Library's newest branch!
Open 24/7, this book vending machine is READY to go!	

### Alameda Reads

**Free tutors help adults read and write better.  
Want to be a tutor? Need a tutor?**

Call us: 510-865-2454	2203 Central Avenue
Mon – Wed: 9am – 2pm	Thurs: 4 p.m. – 8 p.m.

## Online Services

The Alameda Free Library's website allows you to check our catalog online, check your library account, place holds, and renew materials. You also have access to electronic databases containing thousands of full-text magazine, journal, and book articles, as well as tutoring services for students through our Live Homework Help® link! [www.alamedafree.org](http://www.alamedafree.org)

## Storytimes

Mama Goose Storytime	Ages 1 – 3
Main Library	Saturdays 10 a.m.
Peter Rabbit Storytime	Ages 3 – 5
West End Library	Wednesdays 10:30 a.m.
Main Library	Thursdays 10 & 11 a.m.
School-Age Storytime	Ages 5 – 8
Main Library	Wednesdays 3:30 p.m.
Family Storytime	All ages
Main Library	Sundays 2 p.m.
Bay Farm Island Library	Tuesdays 7 p.m.
Alameda Community Sing-Along	Ages 0 – 3
Main Library	Mon & Wed 10:15 a.m.

## Ongoing Programs

### Adult and Teen Book Clubs

Call 510-747-7713 for titles, dates, and times

### Children's Book Clubs

Call 510-747-7705 for titles, dates, and times



## Special Programs for Children, Teens, and Adults

- Do you like "summer reading?" Well, "Winter Reading" will be offered for children in grades K-5, beginning November 22.
- Computer Classes** - Monday evenings @ 6pm Starting in January running through April
  - Mobile Devices (Android and iOS)
  - Introductory courses to:
  - MS Word
  - Email
  - Internet
- Alameda Free Library's 2nd annual **Dia de los Ninos/Dia de los Libros - Children's Day/Book Day**.
  - <http://dia.ala.org/>
  - Saturday, April 25, 2015
  - Crafts, Bilingual Story Time, Snacks
  - Magic Moonshine Theatre Puppet Show! @ 1:00 PM
- April is National Poetry Month** so watch for a special program featuring our new Alameda Poet Laureate Julia Park Tracey!
- Also NEW in 2015 - The Library Book Bike** will be riding around Alameda issuing library cards and checking out materials! It might come to an event near you!



## ENRICHMENT

### Alameda Community Band

Enjoy the experience of rehearsing and performing great concert band music from Bach to Sousa to Rock. Some experience required on woodwind, brass or percussion instruments.

Instructor: Michael L. Wirgler

<b>Tuesday</b>	Fee: \$78 (17 classes)	Encinal HS Band Room
Jan. 20 – May 26	7:30 p.m. – 9:30 p.m.	Class # 14971
No class Mar. 24 & Apr. 7		

### Alameda Community Chorus

Alameda Community Chorus sings seasonal choral repertoire – classical, contemporary, light rock, pop, and Broadway classics – culminating in a Spring Concert. Come sing your heart out! (Vocal evaluation for part assignment, first session). For scholarships call 510-748-9087. \$25 music fee will be due to teacher at first class.

Instructor: Kathleen Neale

<b>Monday</b>	Fee: \$145 (11 classes)	Alameda HS, Band Rm
Feb. 23 – May 4	6:45 p.m. – 9:15 p.m.	Class # 14972
Friday, May 8		
No class on Apr. 6		

### Belly Dance for Beginners **NEW**

Learn basic steps, isolations and movement with finger cymbals. Stretch your body and mind while connecting to your inner goddess. Improve yourself image while having fun. Great for all ages and body types.

Instructor: Danielle Pence

<b>Thursday</b>	6:30 p.m. – 7:30 p.m.	Veterans Room 250
Jan. 15 – Mar. 26	Fee: \$153 (11 Classes)	Class # 14973
Apr. 16 – June 4	Fee: \$115 (8 classes)	Class # 14974

### Bradley Method of Natural Childbirth **NEW**

Classes teach families natural birth. Each class has a specific topic covered in detail, along with covering nutrition, exercise, positive communication and coaching. Relaxation techniques and demonstrations also practiced. Recommended to enroll at 5 or 6 months pregnant to ensure completion.

Instructor: Danielle Pence

<b>Tuesday</b>	Fee: \$475 (12 classes)	Veterans Room 250
Jan. 13 – Mar. 31	7:00 p.m. – 9:00 p.m.	Class # 14975
Apr. 7 – June 23	7:00 p.m. – 9:00 p.m.	Class # 14976

### Cake Foundation Basics **NEW**

Learn the basics of how to bake, level, torte and ice a cake. Students will take home a mini cake to share with family & friends. \$20 supply fee to teacher day of class.

Instructor: Theresa Pham Leiner

<b>Saturday</b>	Fee: \$50 + supply fee \$20	Leydecker
March 21	10:00 a.m. – 12:00 p.m.	Class # 14977

### Cake Decorating Basics **NEW**

Students will learn how to decorate cakes with a professional touch. \$30 supply fee to teacher day of class.

Instructor: Theresa Pham Leiner

<b>Saturday</b>	Fee: \$50 + supply fee \$30	Leydecker
June 6	10:00 a.m. – 12:00 p.m.	Class # 14978

### Floral Design: A Practical Approach

Harvest your garden and local market to decorate your home with seasonal blooms and foliage. Learn to make bouquets for friends and special occasions.

\$50 supply fee due to teacher first class.

Instructor: Susan Bell

<b>Wednesday</b>	Fee: \$75 + \$50 supply fee (4 classes)	Mastick Dinning Rm 1
Jan. 21 – Feb. 11	6:30 p.m. – 8:00 p.m.	Class # 14979

### Ghost Hunting In Alameda

Learn about ghosts that haunt Alameda and how to do a paranormal investigation using easy-to-find equipment. Bring an audio recorder, your smartphone, or just your five senses. Time permitting; we will do a short on-site investigation.

Instructor: Karen Zimmerman

<b>Wednesday</b>	Fee: \$25 (4 classes)	Veteran's Rm 120
Feb. 4 - 25	7:00 p.m. – 10:00 p.m.	Class # 14980

### Indian Cooking

Beat the winter blues with amazing aromas, flavors, exotic spices and herbs offered by this Indian cooking class and a multi-course feast. \$13 supply fee due at first class.

Instructor: Meela Shah



<b>Saturday</b>	Fee: \$53 (1 class)	Leydecker Center
Feb. 21	10:00 a.m. – 1:30 p.m.	Class # 14981

## Parks Hotline 510-747-7542

Call to report a maintenance issue or call on weekends to talk to ARPD Park Monitors for any park-related concern

## Meditation

Learn the importance of breathing and visualization when practicing the art of meditation.

Instructor: Ken Walsh

<b>Wednesday</b>	5:45 p.m. – 6:45 p.m.	Harrison Center
Jan. 21 – Mar. 11	Fee: \$43 (8 classes)	Class # 14982
Apr. 22– May 27	Fee: \$33 (6 classes)	Class # 14983

## Taiko Drumming Beginning

### Ages 10 & up

An introduction to the rhythms and movement of Japanese Taiko Drumming. Learn to play simple pieces while enjoying moderate aerobic exercise. \$5 supply fee due to instructor at first class.

Instructor: Kaji Yama Taiko Group

<b>Tuesdays</b>	Fee: \$123 (12 classes)	O'Club
Jan. 13 – Mar. 31	6:30 p.m. – 7:30 p.m.	Class # 14984
<b>Tuesdays</b>	Fee: \$83 (8 classes)	O'Club
Apr. 14 – June 2	6:30 p.m. – 7:30 p.m.	Class # 14985

## Taiko Drumming Intermediate

### Ages 10 & up

This class teaches more complex and physically demanding aspects of Japanese Taiko Drumming. It will introduce the student to a full spectrum of skills needed for a performance including drumming styles, staging, varieties of equipment, etc. \$5 supply fee due to instructor at the first class.

Instructor: Kaji Yama Taiko Group



<b>Tuesdays</b>	Fee: \$123 (12 classes)	O'Club
Jan. 13 – Mar. 31	7:30 p.m. – 8:30 p.m.	Class # 14986
<b>Tuesdays</b>	Fee: \$83 (8 classes)	O'Club
Apr. 14 – June 2	7:30 p.m. – 8:30 p.m.	Class # 14987

## Introduction to Voiceovers

**NEW**

This introductory workshop will cover the different types of voiceovers and the tools needed for success. Coaching and professional voiceover evaluation included. This is an opportunity to learn if voiceover is something you'd like to pursue. Instructor: voice actor from the Voice Acting Training Company, Voices For All.

Wednesday	Fee: \$62 (1 class)	Veterans Room 250
Feb. 25	7:00 p.m. – 9:00p.m.	Class # 14988
Tuesday	Fee: \$62 (1 class)	Veterans Room 120
May 12	7:00 p.m. – 9:00p.m.	Class # 14989

**Go to [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation) for more info and to register**

## SPORTS

### For all Adult Sports Leagues

**Participants must be a minimum of 18 years old and out of high school. All team applicants are available at the ARPD website or at our office.**

## Adult Basketball League

ARPD's Adult Basketball program offers three levels of 5 on 5 play. Open Competitive League, Open Recreational League, and over 40 Recreational League. Team fees include reversible jerseys. Team applications will be available online and in the ARPD office starting December 22, 2014.

<b>Sundays</b>	Feb. 22 – May 10 (no games April 5)
6:00 p.m. – 10:00 p.m.	Team fee: \$650 resident/\$700 non-resident
Class # 15063	10 game season plus playoffs
Applications and fees are due February 6.	
Alameda Point Gym, 1101 West Redline Ave	

## Adult Softball Spring League

Coed and Men's Softball D leagues.

Season starts week of	April 13
Games played	6:30p.m., 7:40 p.m., and 8:50 p.m.
Leagues play nights	Monday – Friday
Coed six team league	\$650 resident/\$700 non-resident.
Men's six team league	\$715 resident/\$765 non-resident.
Coed Class # 15020	Men's Class # 15021
10 game season plus playoffs	
Field Locations: Leydecker Park, Arnerich Field at Upper Washington Park, and Toby Chavez Field at Lower Washington Park	
All team applications and fees due March 12.	

## Open Gym - Volleyball & Basketball

ARPD Adult Open Gym is a year round Sunday night event. We have Volleyball and Basketball for all to enjoy.

Sundays	6:00 p.m. – 9:00 p.m. (excluding holidays and holiday weekends)
\$6 drop in fee	Alameda Point Gym, 1101 West Redline Ave.

## Adult Volleyball

ARPD partners with VBmatch.com to host volleyball leagues and tournaments for community members. The League offers a high level of competition for players who previously competed at the high school varsity level or higher. We also host single-day volleyball tournaments on weekends. Volleyball activities are fun, social and competitive. We hope to see you on the court soon!

<b>Mondays</b>	6:00 p.m. – 10:00 p.m.
Alameda Point Gym, 1101 West Redline Ave	
For league start dates, fees and info, please visit <a href="http://vbmatch.com">http://vbmatch.com</a>	

## FITNESS

### Aikido with Tom Reed

Aikido is often thought of as a soft or internal martial art. Technique, timing and efficiency, rather than strength, are emphasized in the movements.

Instructor: Tom Reed



Mon & Wed	Fee: \$53 per month	Veteran Room 390
Jan. 5 - 28 No Class Jan. 19	7:30 p.m. - 8:30 p.m.	Class # 14893
Feb. 2 - 25 No Class Feb. 16	7:30 p.m. - 8:30 p.m.	Class # 14895
Mar. 2 - 30	7:30 p.m. - 8:30 p.m.	Class # 14894
Apr. 1 - 29	7:30 p.m. - 8:30 p.m.	Class # 14897
May 4 - 27 No class May 25	7:30 p.m. - 8:30 p.m.	Class # 14899

### Boot Camp - Beginners

Low impact exercises to get you started on the road to a healthier better you. Wear comfortable clothing and athletic shoes.

Instructor: Cata Stewart

Tue & Thurs	Fee: \$73(10 classes)	Leydecker Center
Jan. 6 - Feb. 5*	6:30 p.m. - 7:30 p.m.	Class # 14907
Feb. 10 - Mar. 5	6:30 p.m. - 7:30 p.m.	Class # 14908
Mar. 10 - Apr. 2	6:30 p.m. - 7:30 p.m.	Class # 14909
Apr. 14 - May 7	6:30 p.m. - 7:30 p.m.	Class # 14910
May 12 - June 4	6:30 p.m. - 7:30 p.m.	Class # 14911

\* Fee: \$59 (8 classes)

### Boot Camp - Advanced

Ready to work hard, feel great and look good? If so, look no further. Improve your cardio and increase strength and muscle. Join us.

Instructor: Cata Stewart

Tue & Thurs	Fee: \$73 (10 classes)	Leydecker Center
Jan. 6 - Feb. 5*	7:30 p.m. - 8:30 p.m.	Class # 14901
Feb. 10 - Mar. 5	7:30 p.m. - 8:30 p.m.	Class # 14902
Mar. 10 - Apr. 2	7:30 p.m. - 8:30 p.m.	Class # 14903
Apr. 14 - May 7	7:30 p.m. - 8:30 p.m.	Class # 14904
May 12 - June 4	7:30 p.m. - 8:30 p.m.	Class # 14905

\* Fee: \$59 (8 classes)

**For more information  
and the latest updates, see  
[www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)**

### Golf - Adult

Learn Golf fundamentals including: golf swing, using irons and woods, and chipping and putting techniques. Clubs provided as needed. Rubber soled shoes are recommended. Enrollment is limited.

Instructor: Randy Herzberg



Fridays	Fee: \$53 (6 classes)	Godfrey Field
Apr. 17 - May 22	9:30 a.m. - 10:30 a.m.	Class # 14913
Apr. 17 - May 22	10:30 a.m. - 11:30 a.m.	Class # 14914

### Hawaiian Jujitsu

#### Ages 15 & Up

Hawaiian Jujitsu is a Japanese martial art using anatomical knowledge and the principle of leverage against the strength and weight of an aggressor. Learn street self-defense, grappling, and traditional Jujitsu (Kodenkan).

Instructor: Chris Peterson

Tue & Thur	7:00 p.m. - 8:30 p.m.	Twin Towers
Jan. 13 - 29	Fee: \$45 (6 classes)	Class # 14915
Feb. 3 - 26	Fee: \$59 (8 classes)	Class # 14916
Mar. 3 - Apr. 2	Fee: \$73 (10 classes)	Class # 14917
Apr. 14 - Apr. 30	Fee: \$45 (6 classes)	Class # 14920
May 5 - June 4	Fee: \$73 (10 classes)	Class # 14921

### Low Impact Cardio

Gently firm and stretch to experience an overall conditioning of the body. Suitable for those just starting an exercise program or desiring a lower paced-class.

Instructor: Toya Alexander

Tue & Thur	9:00 a.m. - 10:00 a.m.	Harrison Center
Jan. 6- 29	Fee: \$51/Seniors \$49 (8 classes)	Class # 14925
Feb. 3 - 26	Fee: \$51/Seniors \$49 (8 classes)	Class # 14926
Mar. 3 - 26	Fee: \$51/Seniors \$49 (8 classes)	Class # 14927
Apr. 14 - May 7	Fee: \$51/Seniors \$49 (8 classes)	Class # 14929
May 12 - June 4	Fee: \$51/Seniors \$49 (8 classes)	Class # 14930

### Pilates Mat & Stretch

**NEW**

It is Ms. Rudisill's belief that in order to reap the benefits of Pilates and develop core strength (as opposed to superficial muscle) one must first fully understand the 16 fundamentals that the more advanced work is built on, much like building the foundation of a house. Yoga, Feldenkrais, and Somatic body-mind methods will be incorporated.

Instructor: Abra Rudisill

Thursday	Fee: \$205 (10 classes)	Alameda Ballet Academy
Jan. 29 - Apr. 2	9:45 a.m. - 11:00 a.m.	Class # 14933



## Power Barre

Fitness class combining Yoga, Pilates and Ballet Barre exercises. Gain strength and flexibility in this fun and challenging group exercise class. Class uses free weights. Yoga mat encouraged. Instructor: KT, Dance/ 10

<b>Saturday</b>	11:00 a.m. – 12:00 p.m.	Dance /10
Jan. 17 – Mar. 28 No class Feb. 14	Fee: \$123 (10 classes)	Class # 14934

## Tai Chi Chaun

Learn to appreciate the form and theory of Tai Chi Chuan. This class will cover Qi Gong, Meditation, Self-Defense as well as the movements of the Yang 24 style, Tai Chi Chaun. Suitable for all levels of training. Instructor: Janet Oppio

<b>Monday</b>	7:00 p.m. - 8:30 p.m.	Harrison Center
Jan. 12 – Mar. 30 No Class Jan. 19, Feb. 16, Mar 9 & 16	Fee: \$59 (8 classes)	Class # 14935
Apr. 13 – June 1 No Class May 25	Fee: \$52 (7 classes)	Class # 14936

## Tai Mantis Kung Fu

A study and practice workshop in the form and theories of Tai Mantis Kung Fu. This class will cover introductory movements, forms and the associated self-defense applications. Wear comfortable loose clothing and athletic shoes with a flat sole. Instructor: Janet Oppio

<b>Wednesday</b>	7:00 - 8:30 p.m.	Harrison Center
Jan. 14 – Apr. 1 No Class Mar. 11 & 18	Fee: \$73 (10 Classes)	Class # 14937
Apr. 15 – May 27	Fee: \$52 (7 Classes)	Class # 14938

## Yoga - Body & Mind

Combine stretching, stillness, and stamina to give your body a well-rounded yoga workout. Enhance your energy, gain flexibility, increase strength, and reduce your aches and pains. Open to all levels. Wear loose clothing and have an empty stomach. Instructor: Toya Alexander

<b>Tuesdays</b>	Fee: \$57 (6 classes)	Harrison Center
Jan. 6 – Feb. 10	6:30 p.m. – 7:30 p.m.	Class # 14942
Jan. 6 – Feb. 10	7:40 p.m. – 8:40 p.m.	Class # 14939
Feb. 17 – Mar. 24	6:30 p.m. – 7:30 p.m.	Class # 14940
Feb. 17 – Mar. 24	7:40 p.m. – 8:40 p.m.	Class # 14941
<b>Tuesdays</b>	Fee: \$39 (4 classes)	Harrison Center
Apr. 14 – May 5	6:30 p.m. – 7:30 p.m.	Class # 14948
Apr. 14 – May 5	7:40 p.m. – 8:40 p.m.	Class # 14945
May 12 – June 2	6:30 p.m. – 7:30 p.m.	Class # 14946
May 12 – June 2	7:40 p.m. – 8:40 p.m.	Class # 14947

## Yoga - Gentle Stretch

Start your day with a gentle yoga workout and experience the benefits of gentle stretches and poses that energize your body. Relaxation and guided meditation centers the body and mind. Suitable for all levels. Wear loose clothing and have an empty stomach.

Instructor: Toya Alexander

<b>Mon &amp; Wed</b>	Fee: \$45 /Seniors \$43 (7 classes)	Harrison Center
Jan. 5 – 28	9:00 a.m. – 10:00 a.m.	Class # 14951
Jan. 5 – 28 No Class Jan. 19	10:15 a.m. – 11:15 a.m.	Class # 14952
Feb. 2 – 25	9:00 a.m. – 10:00 a.m.	Class # 14955
Feb. 2 – 25 No Class Feb. 16	10:15 a.m. – 11:15 a.m.	Class # 14956
<b>Mon &amp; Wed</b>	Fee: \$51 /Seniors \$49 (8 classes)	Harrison Center
Mar. 2 - 25	9:00 a.m. – 10:00 a.m.	Class # 14953
Mar. 2 – 25	10:15 a.m. – 11:15 a.m.	Class # 14954
Apr. 13 – May 6	9:00 a.m. – 10:00 a.m.	Class # 14959
Apr. 13 – May 6	10:15 a.m. – 11:15 a.m.	Class # 14960
<b>Mon &amp; Wed</b>	Fee: \$45 /Seniors \$43 (7 classes)	Harrison Center
May 11 – June 3	9:00 a.m. – 10:00 a.m.	Class # 14963
May 11 – June 3 No class May 25	10:15 a.m. – 11:15 a.m.	Class # 14964

## Zumba Fitness

Zumba® Fitness is a feel-happy workout that combines a motivational fusion of Latin and International music with unique moves and dynamic combinations that allow participants to dance away their worries. Bring a towel and a water bottle.

Instructor: Denise Lum, Dance/10



<b>Mon, Wed or Fri</b>	Fee: \$103 (10 classes*)	Dance/10
Jan. 12 – Mar. 20 No class Feb. 16	10:00 a.m. – 11:00 a.m.	Class # 14965

\*You may choose any 10 classes from this session

## REACH 40,000 RESIDENCES

### Have You Considered Advertising in the ARPD Activity Guide?

40,000 Alameda Recreation and Park Department Activity Guides are produced three times per year and mailed to all Alameda residents. This community-oriented publication focusing on recreation and cultural activities, as well as information pertaining to city-based programs is a first-rate marketing opportunity to reach Alameda residents, businesses and beyond! Advertising space is limited and at the discretion of the ARPD.

**For more information, contact (510) 747-7529.**



Learn More

ed2go instructor-facilitated online courses are informative, fun, convenient and highly interactive. Instructors create a warm and supportive community for all learners. Most courses run for six weeks starting at \$85. Winter/Spring beginning dates are: January 21, February 18, March 18, April 15, and May 20. A class sampling is provided below. For a complete class listing, course descriptions and to view the syllabus, visit [www.ed2go.com/arpd](http://www.ed2go.com/arpd).

**Open to high school students - adults.**

## Business

### Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

### Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

### Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

### Jump-Start Your Career With LinkedIn

Learn how to use LinkedIn, a free and popular job search and career development tool. Gain the power of the Internet to expand your professional network.

### Keys to Effective Communication

Lost for words? Don't be! Learn to build rapport, trust, warmth, and respect through conversation.

### Spanish for Medical Professionals

Learn medical Spanish quickly and easily, honing your basic conversational skills and mastering key healthcare words and phrases.

## Career Ideas

### Explore a Career in Medical Coding

Learn how to use the CPT manual and the ICD-9-CM to find medical codes for any disease, condition, treatment, or surgical procedure.

### Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

### Twelve Steps to a Successful Job Search

World-renowned author and career advisor shows you how to get the job you want quickly and easily and in any economy.

## Computers

### Introduction to Microsoft Access

Learn to build, edit, and maintain a database in Microsoft Access 2013, complete with tables, reports, forms, macros, and queries.

### Introduction to Microsoft Outlook 2013

Learn the latest developments in Outlook, including how to manage your email, calendar, and contacts and how to get the most out of program tools.



**Find the course  
that's right for you at:  
[www.ed2go.com/arpd](http://www.ed2go.com/arpd)**

### Introduction to Photoshop CC

Learn how to use Adobe Photoshop CC, the world's best graphics program, to edit and process photos and create original images.

### Keyboarding

Learn how to touch-type or improve your existing typing skills using Keyboarding Pro 5.

### Understanding the Cloud

Learn everything you need to truly understand the cloud—including how it works, what drives it, why it's so popular, and how to make the cloud work for you.

## Family & Friends

### Understanding Adolescents

Uncover the secrets of the adolescent mind. Gain valuable information on how they feel, how their identities develop, and how you can best meet their needs.

## DANCE

### Ballet

Have you always wanted to learn Ballet? Did you study as a child? Or, do you want to work on flexibility and balance? If so, this is class is for you! Dance/athletic attire acceptable for class; ballet shoes required. If you need assistance, contact Dance/10 at [dance@dance10.org](mailto:dance@dance10.org).

Instructor: KT

Monday	Fee: \$188 (11 classes)	Dance/10
Jan. 12 – Mar.30 No class Feb. 16	7:30 p.m. – 8:30 p.m.	Class # 14966

### Broadway Jazz

#### Ages Teen – Adult

This class combines classical jazz technique with Broadway-style routines and music. Routines change regularly to keep you on your toes and able to learn material and styles quickly. You'll get a great workout and have fun! A dance background is helpful. Jazz shoes required.

Instructor: Christina Lazo, Dance/10

Saturday	2:00 p.m. – 3:00 p.m.	Dance/10
Jan. 13 – Mar. 31	Fee: \$199 (12 classes)	Class # 14967

### Introduction to Square Dance

**Ages 8 to adult – See page 12**

## KAYAK

### Learn To Kayak

**Ages 12 to Adults**

Learn everything you need to know to get started kayaking, including paddling techniques, boats & gear, tides & current, trip planning, water safety, and self-rescues.  
Instructor: Joe Stack

**NEW**

Sat. or Sun.	9:00 a.m. – 2:00 p.m.	Fee: \$78 (1 class)
Feb. 21, Sat.	Grand St. Boat Ramp	Class # 14990
Mar. 8, Sun.	Encinal Boat Ramp	Class # 14991
Apr. 18, Sat.	Grand St Boat Ramp	Class # 14992
May 17, Sun.	Encinal Boat Ramp	Class # 14993

### Kayaking For Fitness

**Ages 18 & Older**

Start your week off right with a low impact aerobic workout via kayak while touring the local scenery. Each month, visit a new location exploring local wildlife, history, and scenic beauty.  
Instructor: Joe Stack



**NEW**

Monday	9:00 a.m. – 11:00 a.m.	Fee: \$38 (1 class)
Jan. 12	Encinal Boat Ramp	Class # 14994
Jan. 26	Encinal Boat Ramp	Class # 14995
Feb. 9	Grand St. Boat Ramp	Class # 14996
Feb. 23	Grand St. Boat Ramp	Class # 14997
Mar. 9	Towata Park	Class # 14998
Mar. 23	Towata Park	Class # 14999
Apr. 6	Encinal Boat Ramp	Class # 15000
Apr. 20	Encinal Boat Ramp	Class # 15001
May 4	Grand St. Boat Ramp	Class # 15002
May 18	Grand St. Boat Ramp	Class # 15003

### Family Kayaking

**Ages 5 & up** (accompanied by a paid parent)

Join us for a special kayak tour of Bay Farm Island that is perfect for the "little ones". Kayak in calm shallow waters using very stable kayaks with a stop at the playground. Class will meet behind Water's Edge Lodge (801 Island Dr.) on the lagoon.  
Instructor: Joe Stack

**NEW**

Friday	3:30 p.m. – 5:00 p.m.	Fee: \$38/person (1 class)
Jan. 9	Water's Edge Lodge	Class # 15006
Feb. 6	Water's Edge Lodge	Class # 15007
Mar. 6	Water's Edge Lodge	Class # 15008
May 8	Water's Edge Lodge	Class # 15009

### Couples Kayak Tour

**Ages 18 & Older**

Make Valentine's Day unique with a kayak tour designed just for couples using double kayaks. We will tour the local water ways, including a picnic lunch. Picnic provided.  
Instructor: Joe Stack

**NEW**

Saturday	Fee: \$78/person (1 class)	Grand St. Boat Ramp
Feb. 14	10:00 a.m. – 1:30 p.m.	Class # 15012
Apr. 25	10:00 a.m. – 1:30 p.m.	Class # 15013

### Kayak & Dine

**Ages 18 & Older**

Spend your afternoon touring the local water ways with a break for lunch at one of the many waterfront restaurants in the area. Enjoy the sea breeze, sunshine, & local cuisines. Each month a new location.  
Instructor: Joe Stack

**NEW**

11:30 a.m. – 2:30 p.m.	Fee: \$63(1 class)	Grand St. Boat Ramp
Mar. 22, Sun.	Quinn's Lighthouse	Class # 15014
May 2, Sat.	Brotzeit Lokal	Class # 15015

### Kayak ECO Tours

**Ages 12 to Adults**

Welcome Spring with a relaxing time on the water enjoying full moons, sunsets, and various wildlife encounters. All minors need to be accompanied by a parent or guardian. No experience is necessary; however some courses provide more instruction than others.  
Instructor: Joe Stack

**NEW**

Apr. 11	Spring Tour Saturday	9:00a.m. – 12:00 p.m.
Towata Park	Fee: \$68 (1 class)	Class # 15016
May 1	Full Moon Paddle Friday	6:30 p.m. – 9:00 p.m.
Grand St. Boat Ramp	Fee: \$68 (1class)	Class # 15017
June 12	Sunset Paddle Friday	7:00 p.m. – 9:30p.m.
Grand St. Boat Ramp	Fee: \$68 (1class)	Class # 15018





Alameda Recreation and Park Department—510-747-7529—[arpd@alamedaca.gov](mailto:arpd@alamedaca.gov)

## Fabulous Vacations—Spring/Summer 2015

### LONDON & PARIS

*With Optional 3-Night Rome Post Tour Extension*

**April 6-13, 2015**

Highlights: Buckingham Palace, Big Ben, London Theatre Performance, Eurostar Train, Eiffel Tower Dinner, Seine River Cruise, Arc de Triomphe, Paradis Latin Cabaret

Cost Per Person—includes airline & taxes, transfers, transportation, hotels, all tours and 10 meals:

- ♦ Double: \$3,999
- ♦ Single: \$4,699
- ♦ Triple: \$3,969



### MAINE'S RUGGED COAST

**July 25-August 1, 2015**

Highlights: Boston, Boston Harbor Cruise, Bar Harbor, Acadia National Park, Freeport, Boothbay Harbor, Lobster Dinner, Kennebunkport

Cost Per Person—includes airline & taxes, transfers, transportation, hotels, all tours and 12 meals:

- ♦ Double: \$2,999
- ♦ Single: \$4,049
- ♦ Triple: \$2,969

**For more information call 510-747-7511 or [arpd@alamedaca.gov](mailto:arpd@alamedaca.gov)**

### Friends of the Parks

The Alameda Friends of the Parks Foundation (FOTP) is a non-profit, volunteer organization that supports Alameda parks and programs. All donations received go directly to programs, equipment, and services related to Alameda recreation programs and parks.

**Here's a list of what FOTP has supported:**

- Purchase and installment of **Outdoor Exercise Equipment** at Washington and Lincoln Parks.
- Sponsorship of the **Starlight Movies** in the Park.
- Funding for **scholarships in ARPD After-School Programs**
- **12-passenger van** to transport teens to various programs
- Sponsorship of the **Annual Teen Halloween Haunted House**

FOTP also holds the annual "Play for the Parks" Golf Tournament, Dinner and Auction in September of each year.

FOTP counts on your support now more than ever to help maintain the programs and services offered by ARPD, as well as various organizations throughout Alameda that focus on wellness and community participation. Your deductible financial gift would make a huge difference in what we can achieve and what we can support. Please consider making a generous donation today. Visit our website at [www.alamedaparks.org](http://www.alamedaparks.org) to view what we do and to donate.

*The Alameda Friends of the Parks Foundation is a non-profit 501 (c) (3) organization whose mission is to promote, protect and support recreation and park activities and community wellness in Alameda.*



# CENTER & SERVICES - ADULTS 50+ / SENIORS

## MASTICK SENIOR CENTER



1155 Santa Clara Ave, Alameda	(510) 747-7500
Customer Service	(510) 747-7506
Lunch Program	(510) 747-7503
Transportation Services	(510) 747-7513
Travel Program	(510) 747-7511
Website	www.mastickcenter.com
Email	jkrause@alamedaca.gov
Weekday Program Hours	8:30 a.m. to 4:00 p.m.
Weekday Office Hours	8:30 a.m. to 3:00 p.m.
Saturday (Bingo & Thrift Shop)	10:00 a.m. to 2:30 p.m.

### New Member Orientation

The New Member Orientation is a MUST and offers a guided-tour to introduce you to the Center, an information packet outlining the various programs and services and a coupon for a complimentary lunch! Make a reservation to join us on January 8, February 12, March 12, or April 16, at 10:30 a.m. in the Media Room. **We're looking forward to your visit!**

### Beauty Abounds at Mastick!

You still have time to view the artwork (e.g., stained glass, creative writing, paintings, ceramics, jewelry, quilting, and more) created by individuals enrolled in the art classes offered at the Center.

**The art will be displayed in the Lobby-wing through Tuesday, Dec. 9, 2014.**

The next art exhibit is slated for February 11 through June 10, with an art reception scheduled for **Wed., February 11, at 10:30 a.m. in the Lobby.**

## FOOD

### Lunch Program

<b>Monday - Friday</b>	<b>12:00 Noon*</b>
Eligibility Requirement: 60 & older	Fee: \$3.75 Donation
*The dining room opens at 11:15 a.m. Reservations required.	

### Brown Bag Program

Thursday (1st & 3rd)	9:00 a.m.
Eligibility Requirements: 60 & older/Income limits	

## SPECIAL SERVICES

### Paratransit Transportation Services

Transportation services to the Center and beyond are available for Alameda residents. To learn more call (510) 747-7513.

### AARP Smart Driver Course

This course is designed for motorists age 50 and older. Preregister is a MUST. Pay in the Mastick Office. Cost is \$15 AARP members/\$20 non-members payable by check ONLY to AARP. The standard course is offered in two, four-hour sessions over a two-day period from 9:00 a.m. to 1:00 p.m. on the following dates: **January 7 & 14 and April 1 & 8.**

The **refresher course** is offered in one, four and a half hour session from 9:00 a.m. to 1:30 p.m. and is available to individuals that have taken the standard course within the last four years. The refresher course is offered on the following dates: **February 4 and March 4.**

### Support Services for Everyday Living

are available and include Blood Pressure Screening, Dental and Podiatry Consultation, Case Management, Legal Services, Health Insurance Counseling, Support Groups, Notary Services, Income Tax Preparation, and much more. Visit the Mastick Office to preregister or to learn more about these programs.

### Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group meets from 10:00 a.m. to 11:30 a.m. in Room D on the second Thursday of the month. This group is for individuals caring for a loved-one with Alzheimer's Disease or dementia. Shelley Cooper, group facilitator, is provided by the Alzheimer's Association.

### Need a Quiet Space to Meet?

Mastick Senior Center has many nooks and crannies that can be used as meeting spaces. If you need to meet with a contractor or interview a caregiver and don't want to meet at your home, please take advantage of the comfortable, friendly atmosphere provided here at Mastick Senior Center. To reserve a meeting space, please call 747-7506.

# SENIORS/ADULTS 50+ - CLASSES

## FITNESS CLASSES

FITNESS CLASS	
<b>Monday</b> (Class #14834)	9:00 a.m. – 10:30 a.m.
January 26 – May 11, 2015	\$42 per person
<b>Wednesday</b> (Class #14840)	9:00 a.m. – 10:30 a.m.
January 28 – May 13, 2015	\$45 per person
<b>Friday</b> (Class #14835)	9:00 a.m. – 10:30 a.m.
January 30 – May 15	\$45 per person
<b>Mon/Wed</b> (Class # 14837)	9:00 a.m. – 10:30 a.m.
January 26 – May 13, 2015	\$60 per person
<b>Mon/Fri (Class #14836)</b>	9:00 a.m. – 10:30 a.m.
January 26 – May 15, 2015	\$60 per person
<b>Wed/Fri</b> (Class #14838)	9:00 a.m. – 10:30 a.m.
January 28 – May 15, 2015	60.00 per person
<b>Mon/Wed/Fri</b> (Class #14839)	9:00 a.m. – 10:30 a.m.
January 26 – May 15, 2015	\$90.00 per person
PILATES	
<b>Wednesday</b>	10:45 a.m. – 11:45 a.m.
Fee	\$4 per person per class
TAI CHI 24 STEPS	
<b>Beginning</b>	\$4 per person per class
Thursday	9:15 a.m. to 10:15 a.m.
<b>Intermediate Class</b>	\$4 per person per class
Thursday	10:30 a.m. – 11:30 a.m.
TAI CHI-ERCISE	
	\$4 per person per class
Tuesday	10:00 a.m. – 11:00 a.m.
YOGA	
<b>Tuesday</b>	10:30 a.m. – Noon
January 6 – February 10	\$42 (6-weeks) Class #14808
February 17 – March 24	\$42 (6-weeks) Class #14809
March 31 – May 12	\$42 (6-weeks) Class #14810
<b>Wednesday</b>	9:00 a.m. to 10:30 a.m.
January 7 – February 11	\$42 (6-weeks) Class #14811
February 18 – March 25	\$42 (6-weeks) Class # 14812
April 1 – May 13	\$42 (6-weeks) Class # 14813

### On-Line Registration Available

To register, visit [www.arpdisplay.com](http://www.arpdisplay.com)

and follow the dialogue boxes.

Please let us know if you need help navigating the on-line registration process – hopefully, this will simplify the registration process for you.

## DANCE CLASSES

<b>BALLROOM DANCE</b>	\$4 per person per class
Wednesday	1:00 p.m. – 2:00 p.m.
<b>HAWAIIAN DANCE</b>	
<b>Hula I</b>	\$3 per person per class
Monday & Friday	11:30 a.m. – 12:30 p.m.
<b>Hula II</b>	\$5 per person per class
Monday & Friday	12:30 p.m. – 1:30 p.m.
<b>Hula III</b>	\$5 per person per class
Monday & Friday	1:30 p.m. – 3:00 p.m.
<b>LINE DANCE</b>	
<b>Wednesday</b>	\$3 per person
Beginning	Noon – 1:00 p.m.
Instruction for Advanced	1:00 p.m. – 1:30 p.m.
Advanced	1:30 p.m. – 2:30 p.m.
<b>Thursday</b>	\$3 per person
Beginning	Noon – 1:00 p.m.
Instruction for Advanced	1:00 p.m. – 1:30 p.m.
Advanced	1:30 p.m. – 2:30 p.m.
<b>ORIENTAL DANCE – NEW</b>	
<b>Monday</b>	9:00 a.m. – 11:00 a.m.
FREE	Volunteer Instructors
<b>SQUARE DANCE</b>	\$2 Donation
<b>Tuesday</b>	1:00 p.m. – 3:00 p.m.

## SENIOR CONNECTIONS

### Supporting YOUR independence!

Mastick Senior Center and Alameda Family Services are excited to offer a new program supporting seniors in the City of Alameda! **NEW** Alameda Family Services is a human services organization, active in Alameda and the East Bay whose programs improve the emotional, psychological and physical health of children, youth and families.

Senior Connections is a pilot program to provide a way for Alamedan seniors to get their questions answered about health insurance, housing needs, in home support services, food resources and so much MORE!

An Engagement Specialist will be available at Mastick Senior Center, the Family Support Center, and for home visiting. Services will be available at Mastick Senior Center on **Tuesday and Thursday between 9:00 am and 3:00 pm.** To schedule an appointment to meet with the Engagement Specialist, visit the Mastick Office or call 510-612-7807.



# CLASSES - ADULTS 50+ / SENIORS

## ARTS AND CRAFTS CLASSES

<b>CARD-MAKING CLASS</b>	\$5 per person per class
<b>Monday (2<sup>nd</sup>)</b>	10:00 a.m. – Noon
<b>CREATIVE WRITING</b>	(Resumes January 6)
<b>Tuesday</b>	\$25 per class
Session I	9:00 a.m. to 11:00 a.m.
Session II	11:30 a.m. to 1:30 p.m.
<b>CERAMIC CLASS</b>	
<b>Beginning</b>	
Thursday	9:30 a.m. – 12:00 Noon
December 4 – February 19	\$111* (Class #14820)
March 12 – May 21	\$111* (Class #14822)
<b>Advanced</b>	
Thursday	12:30 p.m. – 3:00 p.m.
December 4 – February 19	\$111* (Class #14821)
March 12 – May 21	\$111* (Class #14823)
<b>Lab</b> (for enrolled students)	
Tuesday	10:00 a.m. – 2:00 p.m.
*\$25 supply fee paid to instructor on first day of class.	
<b>DRAWING &amp; PAINTING</b>	
<b>Monday</b> (Class #14817)	12:30 p.m. – 3:30 p.m.
January 12 – March 23	\$70
<b>Friday</b> (Class #14818)	9:30 a.m. to 12:30 p.m.
January 16 – March 27	\$70
<b>Lab</b> (for enrolled students)	
Friday	1:00 p.m. to 3:30 p.m.
<b>KNITTING/CROCHETING</b>	(Beginners ONLY)
<b>Tuesday</b>	1:00 p.m. – 3:00 p.m.
	Fee: Materials/Supplies
<b>NEEDLECRAFT</b>	Fee: Materials/Supplies
Tuesday	9:00 a.m. – Noon
<b>QUILTING LAB</b>	Fee: Materials/Supplies
<b>Friday</b>	1:15 p.m. – 3:45 p.m.
<b>Saturday</b> (2 <sup>nd</sup> ONLY)	9:00 a.m. – 3:00 p.m.
<b>SEWING</b>	\$5 per person per class
<b>Wednesday</b>	10:00 a.m.—2:00 p.m.
<b>STAINED GLASS</b>	\$4 per person per class*
<b>Wed.</b> (Beginning & Interm.)	9:00 a.m. – 3:00 p.m.
Beginning Student	\$25 Project Fee
*Participants must also provide materials/supplies.	
<b>Lab</b> (for enrolled students)	
Monday	9:00 a.m. – 12:00 noon

## LANGUAGE INSTRUCTION

<b>AMERICAN SIGN LANGUAGE (ASL)</b>		
<b>Continuing</b>	1:00 p.m. to 2:00 p.m.	Room D
Monday	January 5 – March 9	Class #14828
Monday	March 23 – May 18	Class #14829
<b>Beginning</b>	2:00 p.m. to 3:00 p.m.	Room D
Monday	January 5 – March 9	Class #14826
Monday	March 23 – May 18	Class #14827
\$20 per person per class per term		
<b>ENGLISH AS A SECOND LANGUAGE (ESL)</b>		
<b>Tuesdays</b>	10:00 a.m. to 12:00 Noon	
Class #14814	Jan. 20 – March 10	\$20 (8 classes)
Class #14815	March 24 – May 12	\$20 (8 classes)
<b>FRENCH CONVERSATION – FREE</b>		
<b>Friday</b>	Volunteer Instructors	
Literary Discussion	9:00 a.m. – 10:00 a.m.	
Elementary French	10:00 a.m. – 11:00 a.m.	
<b>GERMAN CONVERSATION – FREE</b>		
<b>Friday</b>	10:00 a.m.-11:30 a.m.	Volunteer Facilitator
<b>SPANISH</b>		
<b>January 5 – March 16</b>		\$20
Spanish I	9:00 a.m. – 10:00 a.m.	Class #14119
Spanish II	10:15 a.m. – 11:15 a.m.	Class #14120
Spanish III	11:30 a.m. – 12:30 p.m.	Class #14121
<b>March 20 – June 1</b>		\$20
Spanish I	9:00 a.m. – 10:00 a.m.	Class #14101
Spanish II	10:15 a.m. – 11:15 a.m.	Class #14102
Spanish III	11:30 a.m. – 12:30 p.m.	Class #14103


### FREE WiFi

Thanks to the Mastick Senior Center Advisory Board, Bingo and Thrift Shop patrons, and donors FREE WiFi service is now available throughout the Center!  
Visit the volunteers in the Mastick Lobby for the password!

### Crafting with Your Grandchild

**Saturday, December 20, 10:00 a.m. to 12:30 p.m.**

Bonnie Boller, Instructor and Pamela Nishayama, Assistant Project: Class includes creating two craft projects that are made with wood, found objects, paper, paint, etc. Participation max.: 18 (9 Grandchildren/9 Grandparents).

December 20	10:00 a.m. to 12:30 p.m.	
Skill Center	Ages 4 – 7 years old with a grandparent One grandparent must be present with each child	
Class #14833	Cost: \$30 (supplies Included)	
(Bring a small two-inch photo of your grandchild for the project.)		

# SENIORS/ADULTS 50+ - TRAVEL & COMPUTER

## TRAVEL PROGRAM

Staff is available to assist you with your travel interests on **Tuesday from 9:00 a.m. to 3:00 p.m. or by appointment.** To make an appointment, please call (510) 747-7511.

### Local Travel

#### 2015 Day Trips Include:

January	Movie Tour with Craig Smith – Register 12/2
February	Crime Lab & Levi's Stadium – Register 12/2
March	Newsies at the Orpheum – Register 12/2
April	Glass Factory & Historical Tour of Benicia
May	A Day in Santa Rosa
June	Golden Gate Park with Craig Smith

### Long Distance Travel

#### Tropical Costa Rica

February 9-17, 2015 (9 days)     \$2679 double/\$3179 single

Highlights: San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Hanging Bridges, Arenal Volcano, Lake Arenal Cruise, Cooking Demonstration, Cano Negro Refuge, Zarcero, National Theatre

#### Highlights of Florida

April 12-21, 2015 (10 days)     \$3749 double/\$4969 single

Highlights: Miami, Key Largo, Key West, Everglades National Forest, Naples, Cocoa Beach, Kennedy Space Center, St. Augustine, Orlando

#### National Parks of America

September 6-17, 2015 (12 days)     \$4099 double/\$5449 single

Book before March 6, 2015 and save \$100 per person

Highlights: Scottsdale, Lake Powell, Grand Canyon, Bryce Canyon, Zion, Salt Lake City, Grand Teton, Yellowstone, Old Faithful, Sheridan, Bighorn Mountains, Mount Rushmore, Crazy Horse Monument

### Travel Presentation

**Wednesday, March 25, at 1:00 p.m.**

**Mastick Media Room**

A representative from Collette Tours will be presenting 2015 travel opportunities.

## COMPUTER INSTRUCTION

Computer classes are offered from 1:30 pm to 3:30 pm in Room C. Register prior to class in the Mastick Office. Minimum enrollment of five people required.

### January

**Monday**     January 5, 12, and 26

Fee: \$30     Internet Search: Better Results and Better Security

**Tuesday**     January 6, 13, 20, and 27

Fee: \$40     Internet: The Cloud (Cloud docs, file sharing)

### February

**Monday**     February 2, 9, and 23

Fee: \$30     Google & Amazon

**Tuesday**     February 3, 10, 17, and 24

Fee: \$40     Microsoft Media: Movie-maker, Photo Gallery, Media Player, & More

### March

**Monday**     March 2, 9, 16, 23, 30

Fee: \$50     Excel

**Tuesday**     March 3, 10, 17, 24, and 31

Fee: \$50     Microsoft PowerPoint & Publisher

### April

**Monday**     April 6, 13, 20, and 27

Fee: \$40     PC Check-up, Clean-up, & Tune-up (incl. Security Review)

**Tuesday**     April 7, 14, 21, and 28

Fee: \$40     Windows OS 7, 8, 8.1, preview Windows 10, File Management

### Refer to the Activities at a Glance flier

available at the Center or [www.mastickcenter.com](http://www.mastickcenter.com) for program locations.

Or simply visit the Mastick Office for assistance.

## ADVISORY BOARD PROGRAMS

### Mastick Senior Center Advisory Board

The Mastick Senior Center Advisory Board meets on the third Wednesday of the month at 9:00 a.m. in Room D. All are welcome!

### Mastick Bingo Program

Individuals 18 years of age and older are encouraged to join us every Saturday from Noon to 2:30 p.m. for fundraising BINGO. This festive game is held in the Mastick Social Hall and ensures an afternoon of fun, socialization, and a chance to win cash and prizes. Doors open at 9:30 a.m. All proceeds support Mastick Senior Center programs.

### Mastick Thrift Shop

BARGAINS galore are available at the Mastick Thrift Shop on Tuesday and Saturday from 10:00 a.m. to 2:00 p.m. The Thrift Shop is open to the public and has been a shopping destination since 1984! The Thrift Shop accepts donations that are clean and in good condition. All proceeds support Mastick Senior Center programs.

### MSCAB Scholarship Program

The Mastick Senior Center Advisory Board (MSCAB) provides assistance four times per year to members to help offset the cost of Mastick programs and trips. The scholarship program funds 50% of the program cost not to exceed \$50. For more information or an application, visit the Mastick Office or call (510) 747-7506.

# HOT TOPICS - ADULTS 50+ / SENIORS

## MASTICK'S HOT TOPICS

Hot Topics feature relevant topics of interest. A sampling of upcoming topics are outlined below. To learn more about Mastick programs refer to our monthly newsletter, Mastick Bee, which is available online at [www.mastickcenter.com](http://www.mastickcenter.com). Preregistration is required for all programs listed below. Visit the Mastick Office or call (510) 747-7506 for details.

### January 2015

#### Annual Rose Pruning at Lincoln Park - FREE

East Bay Rose Society representatives will be at Lincoln Park, 1450 High Street or 1425 Fernside Blvd., on Sunday, January 4, between 11:00 a.m. and 1:00 p.m. to provide a rose pruning demonstration. Time will be allocated for "Q & A" pertaining to rose care. Practice your pruning skills by helping to prune the roses at Lincoln Park and return home to prune your roses like an expert!

#### Felix Mendelssohn: Life with Music - FREE

**Thursday, January 29, 1:30 p.m. - 3:00 p.m., Room D**  
John Kendal Bailey, music director, conductor, chorus master, Trinity Lyric Opera, returns to present Felix Mendelssohn: Life with Music. Mendelssohn was one of the greatest composers of classical music's Romantic period. Mr. Kendall Bailey will explore for us the life and music of this gifted and prolific master. Join us for analysis of Mendelssohn's work and the chance to hear excerpts from his compositions. There's more to Mendelssohn than just that great wedding march! The Cal State East Bay Scholar-OLLI program is sponsored by the Mastick Senior Center Advisory Board.

### February 2015

#### Health Care Advanced Directives - FREE

**Tuesday, February 3, 1:00 p.m. - 2:00 p.m., Room D**  
Cynthia Carter-Hill, Vitas Healthcare, will provide an overview on the importance of having your healthcare wishes carried out in the event you become incapacitated.

#### Drumming Circle @ Mastick! - FREE

**Thursday, February 12, 2:30 p.m., Room A**  
Improve circulation, loosen stiff joints, and stimulate the mind while having a fun musical experience with the Mercy Retirement Community Drumming Circle.

#### The Pope's Jews: A History of the Jews of Italy Thursday, Feb. 26; March 5, 12, 19, and 26, 1:30 p.m., Room D

Ken Blady, lecturer in history, AJU, will provide an overview of the complex relationship between Italy - old and new - and its Jewish population. He will take the audience on an epic journey, filled with gains and losses, of a people trying not just to survive but also thrive in Italy. The Cal State East Bay Scholar-OLLI program is sponsored by the Mastick Senior Center Advisory Board. \$60 OLLI Members/\$84 Non-OLLI Members.

#### A Good Death - FREE

**Wednesday, February 25; March 4, 11, and 18, 9:30 a.m. - 12:00 noon, Dining Room 2**

Talking about death is not for everyone. Yet some have longed to have a safe place to explore their feelings on death, even the possibility of a good death. Laurel Yeates, local journalist and end-of-life activist, will facilitate the discussion.

### March 2015

#### Physician Order for Life-Sustaining Treatment (POLST) - FREE

**Tuesday, March 10, 1:00 p.m., Room D**

This presentation will educate you about POLST to help you determine if it is right for you and/or your loved ones.

#### Alexander Technique - The Art of Mindful Movement April 21 & 28 and/or May 5 & 12, Dining Room 2

Drop-In Classes: Tuesdays, 2:30 p.m. to 3:30 p.m.

Lenka Fejt, Alexander Technique Instructor

\$10 per class - Register in the Mastick Office

The greatest gift for a person who experiences pain or discomfort during daily activities is to improve their mobility, balance, breathing and ultimately their overall functioning. Learn to think and move in new ways with less tension and greater ease.

## ALL NEW - HICAP AND LAS

### Health Insurance Counseling Advocacy Program (HICAP) and Legal Assistance for Seniors (LAS) Workshops

HICAP and LAS provide free community education presentations to Alameda County residents. Presentations are held on Tuesdays at 1:00 p.m. in Room D on the dates listed below.

January 13	Low Income Assistance: How to Get Help with Health Care Costs
January 20	Knowledge is Key: Know Your Medicare Rights
January 27	Consumer Fraud: Scams Targeting Seniors and Tips for Protection and Prevention
February 10	Senior's Guide to Public Benefits
February 17	Keeping Elders Safe: An Overview of Elder Abuse and Legal Remedies
February 24	Citizenship for Seniors: A Step-by-Step Guide to Naturalization
March 3	The ABC's of Long-Term Care Insurance

**Preregistration is required** to attend the workshops. Please visit or call the Mastick Office, (510) 747-7506.

## COMMUNITY EVENTS

#### Annual Rose Pruning at Lincoln Park

Sunday, Jan. 4, 11:00 a.m. - 1:00 p.m.,  
Lincoln Park

#### Annual Thrift Shop Fashion Show & Spring Luncheon

Thursday, May 7, 12:00 noon,  
Mastick Social Hall

**See Events on page 5  
for complete details**





# SENIORS/ADULTS 50+ - OVERVIEW

Description	Mon	Tues	Wed	Thurs	Fri	Sat	Price	Room
AARP Chapter Meeting (3rd Thursday)				11:30am			Dues: \$5 per year	Social Hall
AARP Smart Driver Course			9:00am				Fee - By Appointment	D
Alameda Stamp Club		10:00am					Free	E
Alzheimer's Caregiver Support Group (2nd Thursday)				10:00am			Free	D
American Sign Language (ASL) Continued	1:00pm						\$20 per term	D
American Sign Language (ASL) Beginning	2:00pm						\$20 per term	D
Ballroom Dance			1:00 PM				\$4 per class	A
Billiards	9:00am	9:00am	9:00am	9:00am	9:00am		Free	Pool Room
Bingo (Fundraising Program)						10:00am	Varies	Social Hall
Birthday Celebration (4th Thursday)				12:30pm			Free	DR 2
Blood Pressure Screening 3rd Tues/ 2nd & 4th Wednesday		1:45pm	10:00am				Free	Media Room
Book Club (1st Tuesday)		12 noon					Free	DR 2
Bridge (Social)			1:00pm				Free	Game Room
Brown Bag Program (1st & 3rd Thurs)				9:00am			\$15 Donation per year	DR 1
Cardmaking (2nd & 4th Monday)	10:00am						\$5 per person	DR 2
Cards and Games	9:00am	9:00am	9:00am	9:00am	9:00am		Free	Game Room
Case Management Services		9:00am		9:00am			Free - By Appointment	Office
Ceramics (Beginning)				9:30am			\$111 + \$25 supply fee	Skill Center
Ceramics (Intermediate)				12:30pm			\$111 + \$25 supply fee	Skill Center
Ceramics Lab		10:00am					Enrolled Students only	Skill Center
Computer Basic Skills							Free - see flier	C
Computer Classes							Free - see flier	C
Computer Lab	See posted signage on classroom door						Free - Printing fees apply	C
Consumer Presentations		1:00pm					Free - see flyer	D
Conversational German					10:00am		Free	DR 2
Conversational Spanish I	9:00am						\$20 per term	D
Conversational Spanish II	10:15am						\$20 per term	D
Conversational Spanish III	11:30am						\$20 per term	D
Creative Writing (Session I)		9:00am					Fee	Media Room
Creative Writing (Session II)		11:30am					Fee	Media Room
Current Events				9:00am			Free	DR 2
Dental Consultation (3rd Thursday)				10:00am			Free - By Appointment	Office
Drawing/Painting	12:30pm						\$70 per term	Skill Center
Drawing/Painting					9:30am		\$70 per term	Skill Center
Drawing/Painting Lab					1:00pm		Enrolled Students only	Skill Center
East Bay Retired Teachers Assoc. (EBRTA) Monthly Meeting (1st Thursday)				10:00am			Free	Social Hall
English as a Second Language (ESL)		10:00am					\$20 per term	D
Fitness	9:00am		9:00am		9:00am		Fee - see flier	Social Hall
French (Literary Discussion)					9:00am		Free	B
French (Elementary Instruction)					10:00am		Free	B
Hawaiian Dance I	11:30am				11:30am		\$3 per class	A
Hawaiian Dance II	12:30pm				12:30pm		\$5 per class	A
Hawaiian Dance III	1:30pm				1:30pm		\$5 per class	A
HICAP		9:30am					Free - By Appointment	Office

# OVERVIEW - ADULTS 50+ / SENIORS

Description	Mon	Tues	Wed	Thurs	Fri	Sat	Price	Room
Italian Language (Beginning)					10:00am		Free	D
Italian Language (Intermediate)					11:00am		Free	D
Knitting & Crocheting (Beginners)		1:00pm					Must provide materials	B
Legal Assistance for Seniors (3rd Mon)	1:00pm						Free - By Appointment	Office
Library	10:00am		10:00am		10:00am		Free	Media Room
Line Dance (Beginning)			12:00pm	12:00pm			\$3 per class	Social Hall
Line Dance (Instruction for Adv.)			1:00pm	1:00pm			\$3 per class	Social Hall
Line Dance (Advanced)			1:30pm	1:30pm			\$3 per class	Social Hall
Mah Jongg (Beginners)	1:00pm						Free - must have MJ cards	Game Room
Mah Jongg (Experience Players)					1:00pm		Free - must have MJ cards	Game Room
Mastick Senior Center Advisory Board Monthly Meeting (3rd Wednesday)			9:00am				Free	D
Mastick Walking Group	9:30am						Refer to class flier	Off Site
Movie Matinee				1:00pm			Free	Media Room
Music Appreciation (4th Thursday)				1:30pm			Free	DR 2
Needlecraft		9:00am					Must provide materials	B
New Member Orientation (2nd Thursday)				10:30am			Free - By Appointment	Media Room
Notary Service			1:30pm				Donations - By Appoint.	Office
Oriental Dance (Belly Dance)	9:00am						Free	A
Pilates			10:45am				\$4 per class	A
Podiatry Consultation (3rd Tuesday)		1:45pm					Free - By Appointment	Media Room
Portraits by Woodard (3rd Monday)	1:00pm						Free - By Appointment	Social Hall
Quilting	9:30am			9:30am			Fee	B
Quilting	1:00pm			1:00pm			Fee	B
Quilting Lab					1:15pm	9:00am	Enrolled Students Only	B
Scrabble				1:30pm			Free	Game Room
Sewing			10:00am				\$5 per class	B
Shuffleboard	Daily	Daily	Daily	Daily	Daily		Free	Courtyard
Singing with Keiko (Piano)					12:30pm		Free	Music Room
Square Dance		1:00pm					\$2 per class	A
Stained Glass Lab	9:00am						Enrolled Students/Mat. Fee	Skill Center
Stained Glass (Beginning/Inter.)			9:00am				\$25 New Project/\$4 per class	Skill Center
Table Tennis		12:30pm					\$1 per visit	Social Hall
Tai Chi 24-Steps (Beginning)				9:15am			\$3 per class	A
Tai Chi 24-Steps (Advanced)				10:30am			\$3 per class	A
Tai Chi-ercise		10:00am					Fee	Social Hall
Today's World		9:30am					Free	DR 2
Thrift Shop		10:00am				10:00am	Varies	Thrift Shop
Transportation Ticket Sales		9:00am		9:00am			Varies	Office
Yoga		10:30am	9:00am				\$42 per term	A
<b>Program dates, times, locations and fees are subject to change.</b> The content of the presentations and the opinions of the presenters do not necessarily reflect those of the City of Alameda. (06/14)								

**Refund Policy:** Mastick Senior Center reserves the right to cancel classes due to low enrollment. In the event a class is cancelled by Mastick Senior Center, full refunds will be provided. Cancellations

initiated by the participant must be requested a minimum of five business days prior to the start of the program. A \$15 processing fee will be charged when withdrawing from a class or program.

## MARIEL THOMAS

### 49 years with ARPD

At the end of October, Mariel Thomas retired from ARPD after 49 dedicated years. We wish her happy trails and are looking forward to having her back as she volunteers with Mastick and enjoys our many classes, now that she has the time! Mariel began her illustrious career with ARPD as a summer program volunteer at age 15. She soon began as a paid employee in the ceramics program at the Lincoln Park Lodge. Throughout the years, Mariel then touched many people and programs as an umpire, playground leader, Center Director at Lincoln Park, preschool teacher, and the Drama Specialist in the summer park programs.

Mariel started work at the Mastick Senior Center 27 years ago, managing trips, events, celebrations, and other activities. Recently she also managed ARPD enrichment classes and trips for youth, families and adults.

Mariel is a dedicated, creative, warmhearted and welcoming person who impacted the lives of so many Alamedans, across the spectrum of ages. Thank you for 49 wonderful years!

## SPECIAL NEEDS SERVICES

### Leisure Club

#### Ages 18 and Up

The Leisure Club is a fun, activity based program specifically designed to meet the specialized recreational needs of person with developmental disabilities in our community. This program is geared toward individuals 18 years of age and older and meets twice a month on the second and fourth Thursday of the month from 7:00 p.m. to 9:00 p.m. For more information, call (510) 747-7543. Please note there is a wait list for this popular program.



## HELPFUL PHONE NUMBERS

### 511 or 511.org Transportation Hotline

511 is a one-stop phone and web source for up-to-the-minute Bay Area traffic, transit, rideshare, and bicycling information.

### 211 or 211.org Information & Assistance Hotline

211 is a free, non-emergency, confidential, three-digit phone number and service (211.org) that provides easy access to housing information, and critical health and human services.

## City of Alameda Housing Safety Program



### FREE Community Program

To assist low to moderate income seniors and the disabled with home fire safety and mobility improvements.

#### Who is Eligible?

- Low to moderate income Alameda residents who are 62 years or older.
- Low income Alameda residents with disabilities.

Household Size	Annual Income LIMIT
1	\$47,350
2	\$54,100
3	\$60,850
4	\$67,600

#### What does the Program Provide?

- Free installation of smoke detectors, carbon monoxide detectors, nightlights, and other fire and fall safety devices.
- Free installation of bathroom grab-bars, handrails, and other mobility devices.

Call (510) 337-2133 to confirm eligibility and receive an application.

#### Our Community Partners:



## HOW TO REGISTER FOR ARPD PROGRAMS

### HOW TO REGISTER

The registration form is available at:  
[www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)  
ARPD Office, 2226 Santa Clara Ave., Alameda

#### 1. ONLINE

- Goto the ARPD registration website: [www.arpdeplay.com](http://www.arpdeplay.com)

#### 2. BY MAIL

- Fill out the registration form and enclose a check payable to ARPD or complete the credit card portion of the payment form.
- Mail the completed form to:  
ARPD, 2226 Santa Clara Ave., Alameda, CA 94501

#### 3. BY EMAIL

- Fill out the registration form and the credit card portion of the payment form.
- Email to: [ARPD@alamedaca.gov](mailto:ARPD@alamedaca.gov)

#### 4. BY FAX

- Fill out the registration form and complete the credit card portion of the payment form.
- Fax the completed form to: (510) 523-4071

#### 5. IN PERSON

- Registration may be completed in person at the ARPD office
- Hours of Operation: Monday – Thursday, 8am– 6pm.



# ARPD REGISTRATION FORM



## Alameda Recreation and Park Department

2226 Santa Clara Avenue, Alameda, CA 94501

(510) 747-PLAY • FAX (510) 523-4071 • [arpd@alamedaca.gov](mailto:arpd@alamedaca.gov)

Online Registration: [www.arpdeplay.com](http://www.arpdeplay.com) • [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)

### REGISTRATION FORM

#### CLASSES & SPORTS

##### In Person or Mail:

ARPD Main Office  
2226 Santa Clara Ave  
Alameda, CA 94501  
(510) 747-PLAY

#### SENIOR CENTER ACTIVITIES/CLASSES

##### In Person or Mail:

Mastick Senior Center  
1155 Santa Clara Ave  
Alameda, CA 94501  
(510) 747-7500

- Full payment is due at the time of registration. Checks payable to ARPD, Discover, MasterCard or VISA accepted.
- All registrations receive confirmation.
- Withdrawals may be made by phone or in person with a \$15 processing fee. The remainder of fee will be placed as a credit on your account to be used in the future.

PARTICIPANT'S		BIRTHDATE	M/F	GRADE (IF ANY)	ACTIVITY TITLE	CLASS #	2ND CHOICE	FEE
LAST NAME	FIRST NAME							

#### MAIN CONTACT/PARENT/GUARDIAN INFORMATION:

TOTAL FEES DUE:

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone (\_\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_\_) \_\_\_\_\_ Cell Phone (\_\_\_\_\_) \_\_\_\_\_

Email Address \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_

Emergency Contact (Other Than Parent) \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_

Participant's Medical Information/Allergies \_\_\_\_\_

#### LIABILITY WAIVER

1. Undersigned hereby releases, waives and discharges the City of Alameda, its directors, employees, agents and independent contractors from all liability to the undersigned and/or his/her personal representatives, assignees, heirs, and next of kin for any loss or damage and any claim or demands accruing or resulting from injury to the person or property or death of the undersigned, whether or not caused by the negligence and/or property of the City of Alameda, its directors, officers, employees, agents, and independent contractors.
2. Undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage, whether or not it is due to the negligence of the City of Alameda, its directors, employees, agents and independent contractors or otherwise while in, upon or about the premises of the City of Alameda and/or while using the premises or facilities or equipment, including AED machines, or program transportation thereon.

**PHOTO CONSENT:** Undersigned authorizes the City of Alameda to use your (or child's/ward's) photograph in any future educational and/or community informational purposes, (including, but not limited to the website, Activity Guide or social media) produced by the City of Alameda.

☐ Check here if you do not give photographic consent.

**CONSENT TO TREAT:** I hereby give my consent for the City of Alameda staff to take me (or my child/ward) to the appropriate medical services and give appropriate medical authorization in the event that I cannot be immediately contacted. It is understood that the cost thereof will be at my expense.

☐ Check here if I do not consent to treat and I request that medical or surgical services be withheld.

Undersigned has read and voluntarily signs the release and waiver of liability and indemnity agreement, and further agrees that no oral representation, statements or inducement apart from the foregoing written agreement has been made.

Signature \_\_\_\_\_

Date \_\_\_\_\_

☐ Participant

☐ Parent/Guardian

☐ Check (payable to ARPD)

☐ Discover / ☐ VISA / ☐ MasterCard #: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp Date \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

Address on Card \_\_\_\_\_

By signing, I authorize the City of Alameda to charge my credit card for the activity costs listed above.



Alameda Recreation and Park Department  
2226 Santa Clara Avenue  
Alameda, CA 94501

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## RESIDENTIAL CUSTOMER

# ARPD HIGHLIGHTS



**Mayor's Holiday  
Tree Lighting Ceremony**  
Saturday, December 6  
Alameda City Hall, 2263 Santa Clara Ave.  
Entertainment begins at 4:30 p.m.  
Tree Lighting Ceremony starts at 5:30 p.m.

Come see Santa Claus visit Alameda from the North Pole! Entertainment includes the Tap Dancing Christmas Trees, the MistleTones, Alameda Community Band, Alameda Community Chorus, Oakland Youth Chorus and Oakland Youth Repertory.



### **Alameda is an Island - Get on the water in a kayak this year!**

ARPD is now offering professionally guided kayak tours and lessons and all trips launch here in Alameda! Kids as young as 5 years old can come paddle with their family and tweens, teens, and adults can learn to kayak; kayak for fitness or join tours to relax on the water and enjoy the full moon, sunsets, and wildlife. We even offer specialty trips such as a couples kayak tour and kayak & dine at local restaurants on the Estuary. For detailed listings, see page 29.

